**BELLY BUTTON TORTELLINI SOUP**
SOUNDS CUTE, TASTES EVEN BETTER {page 17}

# MADGE
## PREPARING FOR FINAL TOUR?
GLEE MAY JOIN {page 14}

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Tuesday, February 1, 2011
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News worth sharing.

Battle

▶ Meghan Lafrance gives blood yesterday on the last day of the Blood Battle of Alberta.

CAROLINA NOVOTNY/FOR METRO

# Calgary bleeds best

**As the Sirens for Life blood donor challenge came to a close yesterday, it was clear Calgary had taken the lead over Edmonton. For the past month, the two cities have been in competition to see which Albertan hub could generate the highest number of blood donations. As of yesterday morning, Calgary was sitting at around 6,830 donations — 70 units short of the city's target. Cowtown was leading Edmonton by more than 900 units.**

## Canadian date for Wills, Kate?

Rumours swirl of a royal visit this summer {page 6}

## Facebook gets smart

Users can check in to get in-store deals {page 9}

# Examiner's work being reviewed

- Pathologist worked in Calgary office for two years
- Four forensic pathologists currently available to handle all cases in province

Confusion over terminology used by a Calgary forensic pathologist has sparked a government review of all his cases dating back two years.

The examiner, who has been identified by multiple reports as Dr. Michael Belenky, worked out of the Calgary Medical Examiner's Office performing autopsies and testifying in court until earlier this month, when he left for an undisclosed reason.

Police consulting one of the pathologist's files after he left contacted the province seeking an explanation of some of the terminology used, said Calgary police spokesman Kevin Brookwell.

A review of the file by a fellow pathologist "revealed questionable findings," according to an Alberta Justice news release.

A dedicated prosecutor has now been assigned to evaluate all the criminal files in which the pathologist was involved.

"The investigation is just beginning," said Carla Kolke, spokesperson for Alberta Justice. "The review will include all the criminal cases that this particular pathologist worked on ... The first step is to identify which cases are involved."

Brookwell emphasized that medical examiner's findings are typically used to support a police investigation.

"We'll base what we see at the time on first response and go into an investigation from that," he said, before adding that it is possible for a medical examiner's findings to have an impact on a court verdict.

According to Alberta Justice, the review will be prioritized into two categories: The first being cases that are currently before the courts, and then cases which have already been completed.

JEREMY NOLAIS AND KATIE TURNER

### Breakdown

- According to a 2007 Alberta Justice report, investigations into 3,704 deaths were conducted by medical examiners throughout province.
- A total of 979 cases were investigated in Calgary.
- No timeline has been specified as to when the review will be completed.

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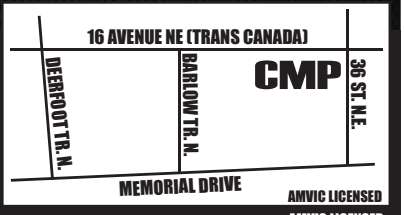


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## Spike in calls at women's shelter

The Calgary Women's Emergency Shelter is in the midst of experiencing a post-holiday spike in calls. Barbara Mikus of the shelter said it's a trend that's seen every year around this time.

"It definitely increases any where from 25 to 30 per cent," she said, adding often the reason is families choose to spend the holidays together and after the new year, many women look to escape violence.

She said ongoing support is needed for the Calgary Women's Emergency Shelter to provide beds, staffing and support services to their clients. Donations can be made on the shelter's website online at www.calgary womensshelter.com.

KATIE TURNER

## Stelmach steps back into the limelight

Premier Ed Stelmach has made his first public appearance in Edmonton since announcing his intent to step down.

Although Stelmach refused yesterday to take questions from reporters, in his speech to the Rotary Club he offered up more information about the highly anticipated provincial budget.

"There will be a deficit and it will come from the money we are spending on infrastructure, not on operations of government," he said. THE CANADIAN PRESS

JEREMY NOLAIS/METRO

▶ Calgarian Tricia Kindleman, who lives in the southeast community of Prestwick, would like to see multiple recreation centres built in the city in time for her three-month-old daughter Zoey to use them.

# Rec centre plan divides groups

- City considering public-private partnership to build four facilities
- Total cost of the four rec centres estimated to be $330 million

JEREMY NOLAIS
@METRONEWS.CA

Calgary city council's decision to look into a public-private partnership (P3) to construct four recreation facilities is being met with mixed reviews.

The South East Calgary Recreation Society, which advises council while a southeast recreation plan is being developed, approved the decision.

Stephanie Campbell, who heads the group, said all funding options must be considered for the centres, three of which would be located in the southeast in Seton, Quarry Park and the Great Plains industrial district.

"You don't just walk away from $83 million," said Campbell, pointing to funds rumoured to be offered by federal agency PPP Canada providing all four facilities are constructed.

But Jack Redekop, president of the Seton Sport, Recreation, Culture and Wellness Society, said further funding deliberations will only slow Seton Centre's development.

Redekop previously served as the president of the Trico Centre for Family Wellness and said the construction of a facility at nearby Quarry Park would put the two in direct competition.

"What residents asked for is all their facilities in one place, you can build that all at Seton," he said.

### Costs

**Facilities** The total cost of the four rec centres is estimated to be $330 million. The city has reportedly set aside $150 million for the facilities.

**Past** The previous city council voted to discontinue discussions of rec centres at Quarry Park and Great Plains.

1 news

Restive electorate and gaffes leave GOP presidential field wide open. Scan code for story.

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**While 'easy money' is gone, Allan Small says it's not too late to get into the stock market. More at metronews.ca/investing**

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www.deerfootsoccer.com
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| U6 Skills Option (2005 or later) | $95 | U14 Boys or Girls Competitive (1997, 1998 or later) | $220 |
| U8 Mixed Recreational ( 2003, 2004 or later) | $95 | U16 Boys or Girls Competitive (1995, 1996 or later) | $235 |
| U8 Skills Option (2003, 2004 or later) | $95 | U18 Boys or Girls Competitive (1993, 1994 or later) | $235 |

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VACCINE

## Roll-up your sleeves, Grade 9s

Alberta Health and Wellness has announced that the province will be offering the meningococcal conjugate vaccine to all grade nine students through school-based clinics. The program is set to begin today, but immunizations won't begin until parents have been informed and provided the chance to give consent.

"It will probably be a couple of weeks at least before any students see needles in their arms," said Gerry Predy, senior medical officer of health for Alberta Health Services.

The vaccine is being offered to over 40,000 grade nine students province wide with 95 per cent of students expected to get the vaccine. ALISON BAIRD

# City hall to stir up dialogue on budget

- City will launch public input process on Feb. 11
- Nenshi said the cost of engagement is under $1.25M

KATIE TURNER
CALGARY@METRONEWS.CA

KATIE TURNER/METRO

▶ Mayor Naheed Nenshi said the recent election showed Calgarians are "aching" to be more involved in city decision making.

Calgarians will soon have several lines of communication to the city in which they can provide input on how they want their tax dollars spent.

Following a meeting with council and the engagement specialists at Dialogue Partners, Mayor Naheed Nenshi said his goal is to create a real conversation with citizens about the 2012-2014 budget cycle.

"This is now an opportunity for us to now really engage the public in our next three-year business planning cycle and of course the creation of the budget," he said.

"We're going from 15 problem-solvers around the city council table to 14,000 problem-solvers in the employees of the city, to 1.2 million problem-solvers — the people of Calgary — and I'm confident that we'll come up with better results."

Stephani Roy McCallum, managing director of Dialogue Partners, said full-scale engagement will begin in early March and run to the end of May.

She said they are looking to find out what services Calgarians value and which ones they could live without.

McCallum said they will use social media and online tools but will also attempt to create community conversations and "lots of large-scale face-to-face activity."

**Dialogue**

- Dialogue Partners is an Ottawa-based company, however four employees are based out of Calgary, according to the mayor.
- They specialize in working with all three levels of government as well as non-governmental organizations and private sector partners.
- Their clients include the City of Edmonton, Natural Resources Canada, and Canadian Blood Services.
- Council has set aside a total of $2.5 million for the budget process.

# Goodwill's hunting for bugs

Fears of a bedbug infestation have prompted an Alberta non-profit group to reject donations of "soft" furniture items.

Goodwill Industries of Alberta made the decision in September amid reports of bedbug outbreaks around the province, said marketing manager Lisa Richards.

"It was a proactive move," said Richards, noting the charity has been lucky to avoid any infestations to date. "We don't always know what we're getting. It's possible someone could be dropping off items just to get rid of them (bedbugs)."

Goodwill has multiple locations in Calgary, but only its 16th Avenue NW hub accepts furniture.

Richards could not provide figures on how many donations had been rejected, but said typically clothing makes up the bulk of Goodwill's donations.

**60**
**Goodwill Industries of Alberta has been operating in the province for 60 years.**

"We are still accepting some furniture items from stores ... those that are used for displays and things," she added.

No decision has been made as to when Goodwill will begin accepting soft furniture from the general public again.

Furniture donations are still being accepted by other local charity groups, such as Habitat for Humanity and the Women In Need Society, but all items are inspected before being accepted.

JEREMY NOLAIS

# Carbon dioxide threatens two families

Two families were saved yesterday when a carbon monoxide detector identified dangerous levels of the toxic gas.

A duplex in the 1,000 block of 1 Avenue NW was evacuated by the Fire Department after residents called 911 when a detector went off in one of the units.

Investigators found carbon monoxide levels as high as 170 parts per million in the duplex — a dangerously high level given evacuation is recommended when levels hit 12.5 parts per million.

The source of the gas is still under investigation.

Brain McAsey of the Calgary Fire Department said carbon monoxide detectors are helpful since the gas is tasteless and odourless.

"Symptoms (of poisoning) aren't particularly unique: sore eyes, sore throat, nausea — people often think it's the flu and they don't take heed of these warnings," he said.

Besides installing detectors, McAsey recommended preventative measures such as yearly safety inspections of all appliances like fireplaces, stoves and gas lines.

CAROLINA NOVOTNY

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EDMONTON
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- 6143 – 28th Ave.
- 9774 – 170th St.
- 10603 – 107th Ave.
- 17551 – 100th Ave.
- 12804 – 82nd St.
- 14808 Stony Plain Rd.
- 18559 Stony Plain Rd.
- Abbottsfield Shoppers Mall
- Bonnie Doon
- Capilano Mall
- Edmonton City Centre
- Edmonton City Centre (kiosk II)
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- Kingsway Mall (kiosk)
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- Southgate Mall (kiosk)
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- St. Albert Trail at 137 Ave.
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# Dog 'massacre' investigated

The RCMP and the B.C. SPCA are now investigating the slaughter of about 100 sled dogs in Whistler, B.C., an incident the SPCA called "an absolute massacre."

The SPCA's Marcie Moriarty says the description of the April 2010 incident is an "absolutely Criminal Code offence."

Staff. Sgt. Steve LeClair, of Whistler RCMP confirmed his detachment has opened a file, but the primary investigator on the case will be the SPCA.

Documents obtained by CKNW radio reveal about 100 healthy sled dogs were killed in a mass slaughter in Whistler last April 21 and 23.

According to the WorkSafe B.C. documents obtained by the station, an employee of Outdoor Adventures Whistler has been compensated for post-traumatic stress disorder after being ordered to shoot the animals.

The documents reveal bookings for dog sled tours collapsed after the Olympics and when the company could not find homes for its animals, it ordered the cull.

"It was an absolute massacre. Some of the descriptions were, yeah, just horrifying," said Moriarty. THE CANADIAN PRESS

# Egypt's military vows to hold fire

## Troops have kept rallies confined but not stopped people from joining

Egypt's military pledged not to fire on protesters in a sign that army support for President Hosni Mubarak may be unravelling on the eve of a major escalation — a push for a million people to take to the streets today to demand the authoritarian leader's ouster.

More than 10,000 people beat drums, played music and chanted slogans in Tahrir Square, which has become ground zero of a week of protests demanding an end to Mubarak's three decades in power.

With the organizers calling for a "march of a million people," the vibe in the plaza was of an intensifying feeling the uprising was nearing a decisive point.

"He only needs a push!" was one frequent chant, and a leaflet making rounds said it was time for the military to choose between Mubarak and the people. THE ASSOCIATED PRESS

### Political reform

- Another concession came late yesterday, when Vice-President Omar Suleiman went on state TV to announce the offer of a dialogue with "political forces" for constitutional and legislative reforms.
- Opposition forces have long demanded the lifting of restrictions on who is eligible to run for president, as well as measures to ensure elections are fair.

VICTORIA HAZOU/THE ASSOCIATED PRESS

▶ Some 174 Canadians, a handful of the rougly 6,500 thought to be in Egypt, made it to safety on board one of two flights chartered by the federal government.

MARIO TESTINO/CLARENCE HOUSE PRESS OFFICE VIA GETTY IMAGES

▶ Prince William and Kate Middleton pose in St. James' Palace on Nov. 25 in London.

## ROYAL RENDEZVOUS

## VISITING CANADA IN THE SUMMER?

A British tabloid is reporting that Prince William and Kate Middleton will visit Canada this summer.

The Sun reports that the future heir to the British throne and his bride will arrive in July, three months after their scheduled April 29 wedding.

The couple will start their two-week visit on the country's east coast and end it in British Columbia, the Sun said, quoting unnamed sources.

One source tells the newspaper that Canada was a natural choice as the couple's first destination since the Queen is head of state and the Royal Family enjoys popularity across the country.

Amanda Foster, a spokeswoman from the Prince of Wales' residence at Clarence House, said she could not confirm any reports of pending visits from the royal newlyweds. THE CANADIAN PRESS

## 30 minutes can make a difference

World Cancer Day is Friday, and the Canadian Partnership Against Cancer wants 30 minutes of your time to support research.

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## Climber walks away from plunge

A climber who plunged 300 metres from one of Britain's highest mountains — and walked away — is promising to climb Mount Everest later this year.

Adam Potter of Glasgow went home yesterday, just days after he slipped on an icy patch off the summit of the 1,093-metre Sgurr Choinnich Mor in Scotland.

The 35-year-old tumbled down the steep slopes Saturday, flying off cliffs. Rescuers found tattered bits of his clothing and equipment on outcrops stretching from the top to the bottom of the mountain.

Rescuers found Potter standing up reading a map when they arrived.

THE ASSOCIATED PRESS

## American called to Iran for trial

Iran has summoned an American woman to return to the country and stand trial on Feb. 6 along with two other Americans still in custody and accused of spying after crossing the border from Iraq, a judiciary spokesman said yesterday.

Their families say the Americans were just intrepid travellers out on a hike in northern Iraq's scenic — and relatively peaceful — Kurdish region when they were arrested on July 31, 2009. The only woman among them, Sarah Shourd, was released on bail in September and returned to the United States.

Her fiancé, Shane Bauer, and their friend Josh Fattal remain in prison in Iran.

The U.S. government has denied the charges against them and demanded their release.

THE ASSOCIATED PRESS

# Why all the hype about corporate tax?

### StatsCan says they are such a small factor in business, it's hard to measure

NATHAN DENETTE/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty speaks to the media as Minister of State Julian Fantino listens during a press conference in Vaughan, Ont., yesterday regarding Canada's economic growth.

Statistics Canada's top economic analyst says corporate tax cuts are such a small factor in how business shapes the Canadian economy that the agency can't reliably measure their impact.

Philip Cross's comments speak to the debate raging between the Conservatives and the Liberals: Are corporate tax cuts an elixir for investment, growth and jobs, as the Conservatives claim?

Or are they a drain on the fiscal purse at a time when there are better ways to create jobs, as the Liberals argue?

"A couple of billion dollars (of savings from tax cuts) is a drop in the bucket of corporate income here," Cross said in an interview. "It's trivial."

Canada's natural resources, the price of oil, currency fluctuations and the state of the country's financial markets have been far more influential on corporate investment decisions than recent tax cuts, he says.

THE CANADIAN PRESS

**Trivial pursuit**

**Conservative ministers claim that cancelling corporate tax cuts would be "dangerous" for the economy — and warn an election could be the result of a standoff.**

- The Liberals argue the cuts are reckless at a time when the Canadian government needs the extra revenue to wrestle down the deficit.
- The Liberals' position, to reverse the planned reductions, is just "dumb," Flaherty has said.

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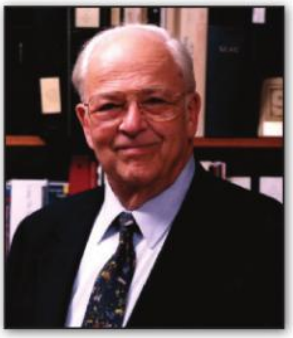

Burton Richter, Nobel laureate

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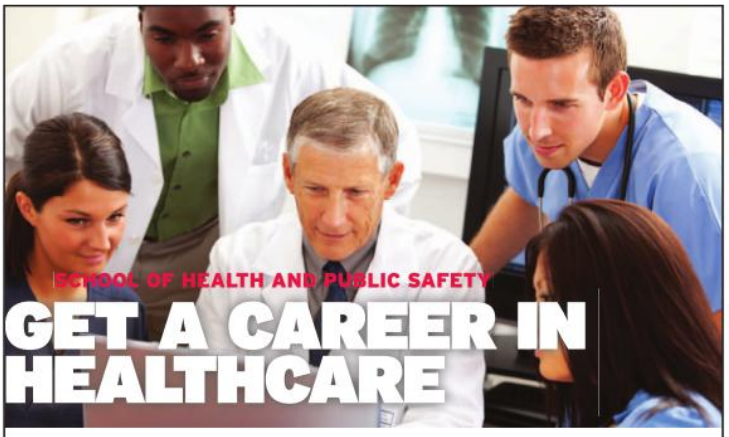


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# Slow track to recovery

**Central bank interest rates remain unchanged since last September Economists expect governor Mark Carney to stay on the sidelines in March.**

After a disappointing third quarter, the Canadian economy expanded at the fastest pace in eight months in November, recording a better-than-expected 0.4 per cent gain.

The increase was one tick higher than economists had expected and suggests recovery is back on track, if a bit slow.

Statistics Canada said the gain was based on a strong month for oil-and-gas extraction, as well as wholesale and retail trade, real estate and the finance and insurance sector.

"The Canadian economy looks to have ended 2010 on an upswing," said Douglas Porter, deputy chief economist with BMO Capital Markets.

**Market moment**

| TSX | Dollar |
|---|---|
| + 114.41 pts (13,551.99) | – 0.04¢ (99.85¢ US) |
| **Oil** | **Natural gas 1,000 cu ft** |
| + $2.85 US ($92.19 US) | $4.420 (+ 9.7¢) |
| | **Gold contracts** |
| | $1,330.00 (- $7.20) |

PRICES AS OF 4 P.M. YESTERDAY

There were, however, familiar soft spots like the battered manufacturing sector, coping with a strong loonie and weak world markets.

The agency said part of the decline reflected temporary plant shutdowns in the motor vehicle assembly industry and shift reductions in the motor vehicle parts industry.

Scotiabank economists said while the monthly gross domestic product performance was encouraging, it doesn't change the overall outlook for Canada. It will take a big advance in December for a strong fourth quarter wrap-up of 2010.

THE CANADIAN PRESS

## Smart deals and Facebook coupons

Facebook launched a new feature in Canada allowing smartphone users to claim discounts by "checking in" while they are shopping at certain stores.

If users are at a store offering a deal, they can use their app or Facebook to "check-in" and show a cashier an onscreen coupon to get the discount.

Users can also search the nearby vicinity for other deals.

A message will pop up on the user's profile announcing the check-in, although those messages can be hidden with privacy settings.

THE CANADIAN PRESS

**Steal deals app**

**Facebook and smartphones save you money.**

- **Companies active through Facebook:** AMC Theatres, Chapters Indigo, H&M, Joe Fresh and Telus.
- **Facebook** says no personal information is shared with businesses.

**News in brief**

## Flaherty touts stimulus bucks

Finance Minister Jim Flaherty announced Ottawa is on track to deliver $28 billion in stimulus spending this year.

He cited the success of almost 400,000 jobs created since July 2009 with the last package.

The report on the action plan's implementation says more than 26,000 stimulus projects are underway or completed.

THE CANADIAN PRESS

## Metro launches in Guatemala

Publinews in Guatemala City, Guatemala marks the 20th country in the Metro network.

It will be the first free newspaper in Guatemala.

"Metro Guatemala will be Metro's fifth country in Latin America — consolidating our position as the largest newspaper in the fast growing Latin American region," said Per Mikael Jensen, president and CEO.

METRO

## Chip flawed, but outlook up

Intel shares slid 33 cents to $21.13 in morning trading after Intel Corp. said it found a design flaw in a recently released computer chip.

It will discontinue its production.

Revenue will fall by about $300 million in the first quarter.

The total cost to repair and replace the materials and systems affected will be about $700 million.

However, despite the setback, the company raised its overall revenue outlook because of the impact of recent acquisitions.

Intel said consumers can "continue to use their systems with confidence, while working with their computer manufacturer for a permanent solution."

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# LOVE THY NEIGHBOUR ... IF THEY'RE QUIET

**She says ...**

**JESSICA NAPIER**

**I love living in the city. Unfortunately, so does everyone else.**

With so many people desperate to live in the downtown, and only so much square footage to go around, the default option for most 20-something renters — who are at the midpoint between a grimy student house and a starter home they can't afford — is an apartment.

While units will vary in size and quality, most highrise residences are essentially the same: Shrunken appliances; paper-thin walls; and hundreds of inhabitants that will inevitably irritate one another to the point of relocation.

Living in such close proximity to one another makes it very easy to find cause for complaint. Loud animals, crying children, smokers, bedbug carriers, couples who have screaming matches into the wee hours of the night or, even worse, couples who enjoy loud bedroom gymnastics in the early hours of the morning.

In a building full of strange strangers, neighbourly love is almost non-existent. No one makes eye contact in the elevator and no one has ever knocked on my door for a cup of sugar. And do you know what, I have plenty of sugar people! The only thing my neighbours take from me is Wi-Fi access and my Saturday morning newspaper.

**"In a building full of strange strangers, neighbourly love is almost non-existent."**

Yes, that's right, every weekend a man down the hall steals my newspaper. I have no way to prove it's him but I know it to be true. He is the Newman to my Jerry.

In addition to the newspaper bandit there's a high-heeled party girl upstairs who runs laps around her living room, a drill-wielding handyman across the hall, and a tone deaf boy-next-door who plays bass guitar until 2 a.m.

Every address has a similar cast of charming characters who make communal living interesting — and not in a good way.

Of course, not all neighbours are rude. Maybe yours are great and you have dinner parties and play charades and lend each other baking supplies all of the time. But more often than not, the neighbours you remember are the inconsiderate individuals who steal your parking spot and toss cigarette butts on your balcony.

In the end, it doesn't really matter whether you love or loathe thy neighbour, because there's not a whole lot you can do about it. You don't have to share a love of late-night movie marathons but you do have to share a postal code. So, in the name of harmonious living, turn the volume down.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

**Cartoon**

MICHAEL DE ADDER

DO YOU WANT AN ELECTION?
DO YOU WANT AN ELECTION?
DO YOU WANT AN ELECTION?
ACTUALLY I'M JUST SICK OF BEING ASKED.
WHAT ABOUT NOW? DO YOU WANT AN ELECTION?

# lol with Twitter feeds

## Letters & Tweets

*We asked: What is the funniest Twitter feed you follow?*

**@arams11:** funniest tweets are from @charliemcdowell who tweets about the 2 girls that live above him. Hilarious!
**@stickchick2010:** Gotta be tweets from @biznasty2point0 (Paul Bissonnette — NHL player — Phoenix Coyotes) They truly make me LOL!
**@brownwynmaye:** I think these ones take the cake: @Lord_Voldemort7, @ceoSteveJobs, @Queen_UK @alqaeda, @TFLN.
**@anderson7:** follow @thesulk. the most consistent funnyman on twitter. he always seems to tweet when you need a laugh to survive the day.
**@brightwhite:** Not sure if you can print it, but my god @fireland is hilarious.
**@quadsmom1:** @smartphowned. Hilarious autocorrects!
**@j)me33:** follow comedian @walkinsauce for her honesty and @tfln because nothing good comes in a text after 12 a.m.
**@concretefluff:** Funniest feeds for me are @birdmurderer and @gutsmctavish24.
**@leonardotovar:** The funniest is @theonion, hands down!
**@mariyasphotos:** Funniest Twitter feed I follow is @GetRichIdeas because the ideas are a nice balance between brilliant & totally crazy!

## Funny followers

THE ASSOCIATED PRESS FILE

**Who is today's most overrated band or singer?**

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# Metro Minute with Right To Play

Two dedicated athletes will be speaking at MacEwan Hall tonight to raise awareness for Right To Play, an organization that develops sports programs for underprivileged children around the world.

Cochrane's Martin Parnell, who ran 250 marathons last year and has raised more than $280,000 for the organization, will be featured as a guest speaker along with Olympic hockey gold medallist and University of Calgary Dinos forward Hayley Wickenheiser. A Right To Play representative from the African nation of Ghana will also be on hand. The event is scheduled to get underway at 6:45 p.m. and is free to attend. METRO

METRO FILE

▶ Cochrane marathon man Martin Parnell has seen his fundraising tally rise to more than $280,000.

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2 scene

# Cult classics on the big screen

**Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival, starting this Friday and running through Feb. 10**
**We asked InnerSPACE host Teddy Wilson to give us the inside scoop on some of the films being screened**

**The details:**

- **For more information** on the Great Digital Film Festival, visit: Cineplex.com/events
- **Catch InnerSPACE** every Monday through Thursday at 11 p.m. ET on SPACE

SUBMITTED

**Back to the Future**
Responsible for introducing "gigawatts" into the teenage lexicon, making DeLoreans cool and explaining the genesis of Chuck Berry's guitar sound, Back To The Future is easily the most fun time-travel film ever made. Interestingly, Eric Stoltz was originally cast as Marty McFly and actually shot several scenes before director Robert Zemeckis replaced him with Michael J. Fox.

SUBMITTED

**Alien and Aliens**
Though the sequel continues the story of Sigourney Weaver's alien-killing heroine Ripley, these films are stylistically very different. The first is a suspense-horror set in space, while James Cameron's sequel is an all out action gore-fest. But they're both really, really good. In space, no one can hear you scream (but in the movie theatre they certainly can).

SUBMITTED

**The Lord of the Rings Trilogy**
With Peter Jackson at the helm, J.R.R. Tolkien's literary odyssey became an engrossing cinematic treat. And as the trilogy's record 17 Oscars and $3 billion in box-office sales proved, it is indeed possible to satisfy fans of the book(s), the general masses and the critics.

SUBMITTED

**Predator**
Holding the weird distinction of starring two future U.S. governors (Arnold Schwarzenegger and Jesse Ventura) and one gubernatorial hopeful (Sonny Landham), the film's titular alien antagonist proved far more menacing than any political attack ad or scandal. With visual effects by the late (and very great) Stan Winston, Predator remains a sci-fi horror classic.

SUBMITTED

**The Goonies**
"Goonies never say die!" This Steven Spielberg-produced hit not only led to record sales of Baby Ruth chocolate bars but, more importantly, struck a balance between adventurous fun and moments of heartfelt poignancy. Characters like Mikey, Data, Mouth, Chunk and, of course, Sloth are indelibly etched in the minds of anyone who came-of-age in the '80s.

## Hobbit on hold

Lord of the Rings director Sir Peter Jackson is in stable condition in the intensive care unit of Wellington Hospital in New Zealand after surgery for a perforated ulcer.

Publicist Melissa Booth said yesterday that Jackson was "doing well" but would be in the hospital for at least a few more days. She said doctors expect Jackson to make a full recovery.

Jackson was admitted to Wellington Hospital last Wednesday after complaining of acute stomach pains.

His illness has delayed the start of filming of The Hobbit, the two-part prequel to his Academy Award-winning Lord of the Rings trilogy.

Production of The Hobbit had previously been troubled by financial issues and the departure of its initial director Guillermo del Toro.

THE ASSOCIATED PRESS

Producer of 9/11 conspiracy film Loose Change arrested on drug charge in upstate New York

## Alien screening:

**Join Metro at the Scotiabank Chinook in Calgary this Friday at 6:30 p.m.**

- **Metro will be presenting** the movie Alien and giving away prizes, so brush up on your Alien trivia!
- **Get the Metro Green Carpet treatment,** where the first 200 movie-goers will receive free pop and popcorn, courtesy of Metro.
- **You could win** free Metro swag and get a chance to win some fantastic movie-lovers prize packs.

SUBMITTED

**Ghost**
Ghost manages to retain its unabashedly romantic core — it is, after all, about the power of love to cross celestial boundaries — without venturing into overtly maudlin sentimentality. That's a tough task, and this is one of the few films to pull it off really well. And who would've thought that making pottery to Unchained Melody could be so damn sexy?!

SUBMITTED

**The Usual Suspects**
Who is Keyser Söze? If you've never seen this film and don't yet know the answer to that question, I envy you — you're in for one hell of a ride. Brilliantly written and directed, with a great ensemble cast and a twist-ending that is devastatingly awesome (and that's putting it mildly).

SUBMITTED

**12 Monkeys**
What a bizarre experience it would be to look inside the mind of filmmaking auteur Terry Gilliam. Each of his movies gives us a little glimpse and 12 Monkeys is my favourite peek yet. A dystopian time-travel mind-bender featuring Brad Pitt at his unhinged best, it's actually based on an obscure French short film from 1962 called La Jetée.

SUBMITTED

**Fight Club**
With heaps of praise for The Social Network, director David Fincher is having a very good year. Fight Club stands out as an early gem in his filmography, mixing stellar performances by Brad Pitt, Edward Norton and Helena Bonham Carter with a darkly surreal script based on Chuck Palahniuk's novel. The final scene set to The Pixies' Where Is My Mind is amazing.

# Reality bites for Hatch

**Richard Hatch was the winner of the first season of Survivor He served three years for tax evasion**

KEVIN WINTER/GETTY IMAGES

▶ Richard Hatch, left, poses with Survivor contestant Rupert Boneham at a DVD release party in Hollywood in 2004.

Reality TV star Richard Hatch, who spent more than three years behind bars for tax evasion, should go to jail for violating the conditions of his supervised release, federal prosecutors recommended yesterday.

Hatch was convicted in 2006 of failing to pay taxes on the $1 million prize he won on the debut season of Survivor, the CBS reality TV show. He was released from prison in 2009 and began serving a three-year term of supervised release.

He was ordered to file amended tax returns for 2000 and 2001 as a condition of his release, which Hatch has failed to do. A judge this month found Hatch in violation of his supervised release but postponed a punishment until he could hear more arguments from both sides.

Hatch, who owes about $1.7 million in back taxes, has said he didn't refile his taxes because he has an appeal pending with the U.S. Tax Court.

Assistant U.S. Attorney Andrew Reich recommended in a sentencing memorandum yesterday that Hatch go to jail and be required to refile his amended returns. He said Hatch has a pattern of lying and defying court orders.

Reich did not recommend the length of a jail sentence, though Hatch has about two years left of supervised release.

"The defendant's punishment for violating the terms of his supervised release should take into account the fact that the defendant has failed to accept responsibility for his conduct, that he has disregarded the order of the court, and that he has continued to make false representations to the court just as he did during his trial," Reich wrote.

Hatch was charged in 2005 in Rhode Island. He was sentenced to 51 months in prison, with a judge giving him extra time for lying on the stand.

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# Madonna preparing for her final tour?

## Big-name guests may come along

Madonna is planning another tour, and it may be her last, according to News of the World, so she's looking into pulling in some special guests.

The singer is reportedly looking into having Glee stars Lea Michele and Cory Monteith appear in some manner on tour with her.

"Madonna wants to break records and make her career bigger than ever," a source says.

"And because the Glee episode featuring her music was such a hit, there are plans for the cast to appear. She is in amazing shape for her age, but this could be her last big world tour she does for a while as she wants to concentrate on business ventures." METRO

DIMITRIOS KAMBOURIS/GETTY IMAGES

▶ Madonna

## Talking points

### No beef on the block for New Kids' Knight

**COMING OUT.** New Kids on the Block member Jonathan Knight isn't mad at fellow '80s teen star Tiffany for outing him as gay recently — since he wasn't in the closet, he insists.

"I have never been outed by anyone but myself. I did so almost 20 years ago," Knight posted on his group's official fan site.

"I have lived my life very openly and have never hidden the fact that I am gay. Apparently the prerequisite to being a gay public figure is to appear on the cover of a magazine with the caption, 'I am gay.' I apologize for not doing so if this is what was expected." METRO

Jonathan Knight of New Kids on the Block

## Celebrity tweets

**Neil Patrick Harris [@ActuallyNPH]** The tots both started laughing. On the same day. I'm now obsessed with getting them to do it. Babies laughing is like opium.

**Sarah Silverman [@SarahKSilverman]** Wish I was more unique but alas I'm deeply consoled by a scoop of vanilla

**Ben Stiller [@RedHourBen]** Heading to work 4:30pm

**Joel McHale [@joelmchale]** Believe me I'm more shocked than you. To know that I'm related to Oprah & find out I'm a woman. It's almost too much. METRO

RICCARDO S. SAVI/GETTY IMAGES

▶ Charlie Sheen

# Public needs to stop rewarding Charlie for behaviour: Friend

While he checked himself into rehab over the weekend, how seriously Charlie Sheen takes getting treatment will reportedly depend on how well his hit sitcom Two and a Half Men does, according to Popeater.

"If the ratings go through the roof again, as they did after Charlie's incident in New York, CBS and Charlie will be out again in no time and back to his old ways," a friend of the actor says.

"However, if the public finally stops rewarding Charlie for his bad behaviour, then, and only then, can you expect him to take the situation seriously." METRO

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# Marriage of Eva and Tony officially finished

Eva Longoria and Tony Parker are officially divorced, with papers filed in Texas late last week to end their marriage, according to In Touch.

"She is happy and moving forward with her life," a source says of Longoria.

The Desperate Housewives star had originally filed for divorce in California, but she and Parker reportedly agreed Texas would be more appropriate, since that is where they filed their prenuptial agreement. The couple was married for three years and split citing "irreconcilable differences" after rumours of Parker sending inappropriate text messages to another woman hit the press. METRO

FRAZER HARRISON/GETTY IMAGES

▶ Eva Longoria

# Arquette out of rehab

David Arquette has checked himself out of rehab after a month addressing "alcohol and other issues," according to People magazine.

"He has completed his treatment and has left," his rep tells the magazine, adding that Arquette is "in great spirits. He's feeling good and he's ready to move forward."

Though he and wife Courteney Cox are currently separated, she has supported him through his stay in rehab. METRO

# 3 weeks to a new you

These small ideas have a big cumulative effect Each is doable during your lunch break Start by learning, and crossing off some cultural to-dos and then branch out

ROMINA McGUINNESS

## WEEK 1: EDUCATE YOURSELF

### LEARN MORE

Next time someone mentions something you wish you knew more about (The Bible, Che Guevara, how to make homemade cocaine), take note. Then today, go to Wikipedia and read the entry for it. If you're still interested, check the bibliography and buy one of the books listed to learn more.

THINKSTOCK.COM

### SPELLING

There's a word you misspell all the time (there's definately no "a" in "definitely," for example). Develop a trick to help you remember it correctly once and for all.

### TRANSLATE

Using Google Translator, learn how to say one useful phrase in four languages you don't know, from countries you've always wanted to visit. To će biti korisno jedan dan u Hrvatska (this will come in handy one day in Croatia).

## WEEK 2: FEEL BETTER

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### FIND GOOD PEOPLE

Find someone who always seems positive and ask them how they remain that way. Use their tricks. And remember their face when you feel yourself spiraling into negativity.

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### DECISIONS

Ask three intimate friends to appraise your mental and physical state, remembering to remain mature enough to not take the responses personally. Then ask them for constructive advice to help you improve what's lacking. Do the same for them.

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### ASSESS YOURSELF

Focus on a physical weakness – your weight, inflexibility, acne, whatever — and find a trusted exercise book that deals with the issue. Any book that espouses responsible exercise can only help your overall well-being.

## WEEK 3: UNPLUG

### FACEBOOK

Don't check your Facebook feed for one day, setting your account to alert you when you get private messages (those are allowed).

### CULL THE HERD

Log on to Facebook and read the previous day's updates—the ones you missed. "Hide" the friends who say things that you're not interested in. Then consider whether you need to check the feed every day.

### READ

Remember all those books, songs and movies you discovered in week one? Post something to your Facebook feed sharing info about them. Consider sharing only interesting things from now on.

3 life

## Superfood: Oats

The Dukan diet plan recommends three spoonfuls of porridge oats a day (with water or skimmed milk). They're a great source of protein (obviously) as well as zinc, calcium, magnesium and iron. Their high soluble fibre content is important during phase 1 of the diet where some can experience digestive side effects from all the protein.

Health Canada issues voluntary recall of weight loss, body-building product

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# Cut the fat, embrace the protein

**Last year, France's Dr. Pierre Dukan became the hippest diet master with his protein rich regime**
**His plan promises long-term weight loss and sustainable habits**

ROMINA McGUINNESS
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METRO WORLD NEWS IN LONDON

Could this be the real reason the French aren't fat?

"My diet is no fad, it's a way of life," explains Dr. Pierre Dukan on his four phase program that vows to strip your body of excess fat.

Based on the fact that our size depends on the number of fat cells (adipocytes) stored in our bodies, the more you have the more prone to weight gain you will be.

On Dukan, you will be shrinking these cells, allowing your weight to stabilize.

Dukan sets out 100 foods for you to choose from, 72 of which are lean proteins such as fish, chicken, fat free yoghurt and tofu and the remaining 28 are vegetables including green beans, celery or courgettes (that can be eaten without restriction).

In the first two stages, fruit is forbidden along with sugar and all fats, which is where the difference with Atkins is established.

Atkins actually allowed fats — this is not the case with Dukan.

All meats are lean and any dairy product must be 100 per cent fat free.

**"My diet is no fad, it's a way of life."**
**DR. PIERRE DUKAN ON HIS FOUR PHASE PROGRAM.**

FLICKR CC KIRTIPODDAR

## 1

**ATTACK**
During this phase you will be eating nothing but protein (steak, veal, crab, salmon, non-fat dairy and eggs) for up to 10 days. At this point, eating fruit or vegetables is forbidden.
**The lowdown:** You may experience bad breath and a dry mouth so drink plenty of water. The plan allows up to three tablespoons of oats a day, for digestion. You are also allowed to drink tea, coffee (sweetener is allowed) and diet drinks.

FLICKR CC ROBERTKPHOTOGRAPHER

## 2

**CRUISE**
In this phase you will be alternating two diets. If one day you eat nothing but protein, on the next you will be able to eat unlimited amounts of vegetables (check those you choose have the Dukan seal of approval) to complement Remain in this phase until you reach your desired weight.
**The lowdown:** At this stage, rules are the same as for the attack phase although your diet becomes more flexible and therefore easier to follow.

FLICKR CC LITTLEBLUEHEN

## 3

**CONSOLIDATION**
"At this point, you will need to commit to radical and permanent changes in your diet if you want to keep the weight off," says Dukan.
**The highlights:** You are allowed to eat fruit (one piece a day), carbs (two slices of bread) and 40g of hard cheese a day and twice a week, you can enjoy a "gala" dinner that includes a meal of your choice (you can tuck into a cheesy risotto or pizza).

FLICKR CC CHERRYLET

## 4

**STABILIZATION**
You've lost those love handles, so now what? You can go back to eating what you want but (there had to be a but) introduce protein Thursday's for more or less the rest of your life.

It's all about developing a structured meal plan. "Of course, many people slip back to their old ways and I would say a good 50 per cent stop following the rules bought on by stress, heart break or commitment issues," says Dukan.

# Powering you up by eating protein

DAILY SQUEEZE

**LARRY TRACK**
A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

If I told you about a food that raises your metabolism every time you eat it, that boosts your immunity, and speeds fat loss, wouldn't you eat more of it?

You would think so, except many of my clients (listen-up ladies!) tend to neglect this food for fear they may turn into a bodybuilder.

Can you guess? Why yes, it's protein.

And no, I'm not referring to a high protein diet, where carbs such as bread, pasta and grains are replaced with steak, bacon and cheese.

I'm talking about pure, naturally lean sources of protein. Think all-white, hormone-free chicken breast, eggs, legumes, lean red meats such as bison or grass-fed beef, fish and certain dairy products.

For the best metabolism-boosting benefits, try to include a protein source with every meal and snack.

My favourites include: 1-2 scoops of pure, whey protein added to a smoothie; a handful of almonds with plain, organic yogurt; grilled chicken breast or light tuna on a salad, plus wild salmon, tempeh and black beans.

However you choose it, powering-up with protein is a sure way to a leaner, healthier body. Happy eating.

**FIND MORE HEALTHY NEWS AT DAILYSQUEEZE.CA**

Is Something Not Quite Right?

NAPLS

Do You:
- Feel suspicious or paranoid?
- Get confused about what is real or imaginary?
- Have trouble concentrating or thinking clearly?
- Have problems with social activities, school or work?
- Hear sounds or voices that aren't really there?
- Have trouble communicating clearly?
- Feel that you are not in control of your own thoughts?
- See things that aren't really there?

If you have any of these symptoms and are between 12 and 30 years of age, you may be eligible to participate in the NAPLS study.

The NAPLS study is trying to learn more about what happens biologically and clinically when a person develops a psychotic disorder. Changes in mood, thinking and behavior may be the early signs that you or someone you know are at risk for psychosis.

If you are eligible for NAPLS, participating in this study will give you the opportunity to receive extensive mental health assessments and brain imaging.

Hotchkiss Brain Institute
For more information contact us at:
403-210-8740 or napls@ucalgary.ca
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This study has been approved by the Conjoint Health Research Ethics Board (Ethics ID: 22020)

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ANDREE LAU

▶ Shrimp dumplings are one of the many options at Chinese Cultural Centre Restaurant.

# Ring in Chinese New Year with fresh eats & culture

## Chinese Cultural Centre Restaurant offers options

### LUNCH RUSH

**ANDREE LAU**
FOOD@METRONEWS.CA

One of the highlights of Chinese New Year is gathering with friends and family for a meal, which you can do at the new Chinese Cultural Centre Restaurant.

Weekday dim sum begins at 10 a.m. (9 a.m. on weekends). You mark off items off a paper list so dishes like har gow (shrimp dumplings) and steamed spareribs ($4.08) arrive piping hot rather than turning stale on roving carts.

The rice roll ($4.78) stuffed with plump pieces of BBQ pork was particularly fresh and flavourful.

The lunchtime buffet ($10.95) featured more than a dozen frequently replenished dishes. Standouts included crispy salt and pepper squid and Singapore fried noodles.

We were impressed by how fresh the food was. However, that was also the restaurant's weakness. There was a long wait for the made-to-order dim sum. And despite being advertised as starting at 11 a.m., the buffet was not ready until just before noon.

The basement-level restaurant has ample seating but service is spotty.

**Chinese Cultural Centre**
**197 First St S.W., Calgary**
**403-457-0072**
**Price range: $2.50 - $13.95**
**Rating: 2.5 out of 5**

FLICKR: KUISINE

## Belly Button Tortellini Soup

▶ For an alternative, try adding spinach and red pepper.

**EMILY RICHARDS**
FOOD@METRONEWS.CA

My grandmother makes this soup with homemade stock.

She makes it for us on cold nights and also on hot nights because it's one of our favourites.

We used to, and still call it "belly button" soup because of the shape of the tortellini. This is a big favourite for small and big kids, alike.

### Ingredients:

- 1 lb (500 g) fresh or frozen meat or cheese tortellini
- 8 cups (2 L) chicken or vegetable stock
- 2 tbsp (25 mL) chopped fresh Italian parsley or basil
- 1/4 cup (50 mL) grated Parmesan cheese

### Preparation:

1. In a large pot, boil salted water.
2. When water is boiling, toss in tortellini and cook for 8 minutes or until they are floating to the top. Drain the tortellini and set it aside.
3. Meanwhile, in saucepan, bring the stock and parsley to boil. Stir in the tortellini and simmer for 5 minutes.
4. Serve the soup in deep soup bowls sprinkled with Parmesan.

**EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF ON CANADIAN LIVING COOKS. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMILYRICHARDSCOOKS.CA.**

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# COMPROMISE IS KEY

**Smug Marrieds**
**ANGELA PACIENZA & DEREK CHEZZI**
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

**My wife and I are looking to buy our first house. She's very close with her family and insists we find a place in the same neighbourhood as her parents. The prospect frightens me to my very core. How do I tell her no way?**

**Angela says ...**
Getting in between family is one of the toughest tests to a relationship.

And this is one of those cases where compromise will be the only solution. If you move her too far from her family, she'll resent you and, once you have kids, rub it in your face every time you need a babysitter.

Move too close and you'll feel your identity as an independent couple squashed like that spider that set up shop at my back door last summer.

Can you agree on a home several blocks away?

So instead of a five-minute drive, you'll have a 20- or 30-minute buffer.

**Derek says...**
If she's not willing to cut that umbilical cord, you might be stuck.

There is only so much prodding you can do before you enter the relationship danger zone.

But chin up; there are some hidden benefits to living near family — think easy child-care, free dinners — that can free up your personal time.

This might be your golden opportunity to take up golf.

# HELLO CAN GO A LONG WAY

**Names: Jamie, 25 and Robert, 26**

**Current city: Dartmouth, N.S.**

**Together since: 2002**

**Their story:**

▶ Jamie and Robert

It was a winter in Montreal and my brother and I (Jamie) wanted to test out a snow hill near our home.

When this guy (Robert) came by, my brother thought it would be funny to toss an ice ball at him.

Robert got mad and was about to beat up my brother.

I intervened and cooled things down.

We went our separate ways, but it turned out that Robert and I lived directly across the street from one another.

Every now and again I saw him waiting at the bus stop and said, "Hi."

College came around and we ended up going to the same school.

He recognized me in the hall one day as (and I quote) "that crazy girl who says hi to me all the time" and he finally said "hi" back!

We started taking the bus home together, and soon started dating.

We married in 2008, have lived in Nova Scotia for three years, and we couldn't be happier.

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# Exploring when it's not just a kiss

EMILY ANNE EPSTEIN
METRO NEW YORK

**66**
**Per cent of people tilt their head to the right when kissing.**

Psychologists say that 66 per cent of women will end a budding relationship if the first kiss goes awry, while only 59 per cent of men place the same emphasis.

So what, exactly, is in a kiss?

This is the subject of Sheril Kirshenbaum's new book, The Science of Kissing.

In it, the native New Yorker explores everything that goes on between our lips — from the hormones to the history.

"Kissing is a powerful experience," said Kirshenbaum.

"It engages all the senses: scent, taste and touch are all sending information to our bodies as to whether it's a good match or not. It's nature's ultimate litmus test."

Sara Forbes, curator of the Museum of Sex in Manhattan, told Metro: "A kiss is something deep. It's the beginning of the sexual self."

FLICKR/VANDELIZER

▶ Kissing is "nature's ultimate litmus test," according to author Sheril Kirshenbaum.

Some, however, don't quite understand the impact of a kiss.

"People are in a hurry in every aspect of their life," said psychotherapist Jonathan Alpert.

"Based on my practice, romance and intimacy is often lost; the art of foreplay is skipped over.

"Kissing, in many ways, is more intimate than sex."

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# Got the post-job jitters?

## ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

It's official. We're anxious ... about retirement. Even those with decades left before starting to grow roses are fretting that they're not saving enough.

A recent TD Waterhouse survey shows that 67 per cent of Canadians over age 45 are worried they're not on financial track for retirement. Only 15 per cent were content with their retirement preparations.

So what's a retirement nail biter to do? First thing is to analyze your own situation. Financial planners commonly throw out 70 per cent of pre-retirement income as the amount people need after leaving the workplace.

That number is a one-size-fits-all approach. A high income earning couple might easily get by with 50 per cent or less. Similarly, someone living a frugal lifestyle outside the urban core could also be quite happy with half of what they previously earned.

Your housing situation, hobbies, cost of living and willingness to work part-time post-retirement will have a huge impact on how much you will need.

**4.5%**

**Amount of personal income saved by Canadians in 2010**

**2005 - 1.5 %**
**1982 - 20 %**

And downsizing, especially in expensive cities such as Vancouver and Toronto, to smaller abodes or to cheaper communities can free up large amounts of equity to bolster retirement savings.

Empty nesters who don't want to downsize or move might increase post-retirement cash flow by renting a room to a student during the academic year. Many retirees can also improve their balance sheet by shifting to a single car and cell phone.

There is another variable that could have an enormous impact on your post-retirement income needs — how your tastes may change.

My father and mother-in-law moved from a waterfront home in Victoria to a double wide mobile home in a 55-Plus community outside Sidney, B.C. They loved it.

In short, there are many ways to look at retirement so don't be panicked by any magic number or percentage. Do these four things and you'll probably be okay:

ISTOCK

▶ 67 per cent of Canadians over 45 feel they are not prepped for retirement.

1. Contribute as much as you can to your RRSP or other savings accounts.
2. Save monthly and make it a habit.
3. Invest the money conservatively.
4. Aim to be debt free upon retirement.

**Fun and Frugal**

**LESLEY SCORGIE**
MONEY@METRONEWS.CA

## DATING ON A DIME

Does Dating put you into overdraft? Taking on debt for wining and dining isn't frugal. There are plenty of inexpensive dating activities that won't cramp your style or your wallet.

Meet your date at a local coffee house and kick back for a few hours in a casual atmosphere (less than $10). Or, grab coffee to-go and walk around the neighbourhood. Share stories and enjoy the chit-chat.

Get active and walk, run, bike, rollerblade, work-out or toboggan. Head to a park, go for a swim, or spice up a game of tennis with competition – the loser buys the next glass of vino (less than $20). Take advantage of free outdoor festivals and plays.

Rent old movies or see a flick in the cheap theaters (less than $20). Get to know each other's friends by hosting games night — charades, board games and appetizers (less than $30). Check out art exhibit openings or book launches. Tickets are often free or priced relatively inexpensive (less than $40).

Skip restaurants and turn a weekly grocery trip into a farmer's market adventure. Pick up fresh ingredients for a home cooked meal which you can make together. Cooking is romantic, fun, and easy — download free recipes from the Internet and follow along.

Dating on a budget often inspires creativity and allows you to showcase your true colours. Always remember; the point of a date is to spend time with someone special; not bust your budget.

# How to spend is key for retirement income

### Make a budget Consider a guaranteed fund that pays monthly

When picturing the so-called golden years, we often think of exotic vacations, focusing on our hobbies or spending time with family and friends. It's easy to forget that, along with our big-picture plans, there will also be day-to-day expenses and unexpected costs that can eat into our retirement savings.

With changes on the way to the Canada Pension Plan and employer-sponsored pension plans becoming less common, future retirees need to take on more individual responsibility to ensure they have enough income for their retirement.

"Canadians are living longer, and many fear they will outlive their savings," says Tina Di Vito, head of BMO Retirement Institute. "In order to be prepared, the first step is for Canadians to think about the various factors that will affect their retirement, including their health, life expectancy, marital status, the cost of living and the level of expenses they will incur."

To ensure a comfortable retirement and to maintain peace of mind, you need to plan ahead and assess how much income you will need on a monthly basis after you stop working. You should also think about where this revenue will come from and how much of a "sure thing" it is.

ISTOCK

▶ Many Canadians fear they will outlive their nest egg, BMO'S Tina Di Vito says.

Di Vito recommends that every Canadian should have at least one source of guaranteed retirement income. Ideally, this guaranteed component should make up at least 30 per cent of your overall retirement cash flow.

To help you achieve this, she suggests investing in a plan that will pay a set amount over the course of a lifetime. BMO, for example, recently introduced the BMO Lifetime Cash Flow. It's a deposit that can provide you with a six per cent payout every year for the rest of your life. It also offers tax savings, since no taxes apply for the first 25 years. Essentially, Di Vito says, it acts as a safety net for retirement and helps ensure you have at least a portion of your retirement income guaranteed.

NEWS CANADA

RRSP TIME

### How many eggs in your basket?

How much money should you have for the retirement you want? Surprisingly, it's not all about numbers.

"Life in retirement can be unpredictable," says Lee Anne Davies, head of retirement strategies at RBC. "To prepare yourself for the unexpected, it's important to focus on making your nest egg last, rather than focusing on a specific amount to save."

RBC offers three tips to help make that nest egg go a little further.

• Create a strategy: You need a financial plan that will help you achieve the retirement lifestyle of your dreams. Some questions to consider: What kind of retirement do you want? How do you want to spend your time?

• Set a budget: It's important to know where your money will come from and what it will go toward. It is just as important to keep track of retirement spending as it is to track retirement income.

• Pace yourself: Knowing the amount and timing of your withdrawals is just as important as saving money in the first place. You need to be able to withdraw enough in order to enjoy your retirement but ensure that the money lasts. NEWS CANADA

# Save early, save often to boost RRSP

- It's in your best interest — literally, financial planners say
- A small sum invested monthly can outgrow a lump sum once a year

It's RRSP crunch time — that time of year when you search the nooks and crannies of your finances for the money you need to make your annual contribution to your registered retirement savings plan. While experts say that is absolutely the right thing to do, it's tough to come up with a sizable lump sum at any time of year, let alone after the holiday season. You may even find you have to take out a bank loan to meet your maximum allowance.

Financial-planning experts caution that leaving your RRSP contribution to the last minute also means you have lost out on all that tax-sheltered compounded growth you could have benefited from through the year.

"Using a preauthorized contribution arrangement, or PAC, is simple, easy to do and delivers long-term benefits in terms of investment growth," says David Ablett, a financial-planning expert at Investors Group.

Ablett says that if you invest a lump sum once a year you are likely to end up with less money in the long run than if you were to divide the lump-sum investment into 12 portions and invest monthly. The main difference, he notes, is that the money you invest each month begins to compound and grow earlier than if you waited to invest it once a year.

As time passes, your income changes and your life changes: So your PAC should change too. Financial planners suggest that you reset your PAC annually. That way, you'll keep your RRSP contributions and other investing in line with inflation and personal wage increases.

Your investment plan and your PAC are elements in a total financial program tailored to help you achieve your goals. Your professional adviser can help you put together a complete package that is right for your life today and tomorrow.

NEWS CANADA

NEWS CANADA

▶ Leaving your RRSP contribution to the last minute means you lose out on tax-sheltered compound interest. Financial planners recommend investing smaller amounts over the year.

ISTOCK

▶ Even a small investment can generate wealth over the long term, thanks to the power of compound interest.

## Make the snowball effect work for you

Kick a small ball of snow into motion from the top of a hill and by the time it gets to the bottom it will be noticeably larger. That's the snowball effect — and you may be able to get the same growth effect in your investments.

By making even a small investment and leaving it to grow, the income it generates is reinvested — or compounded — and over the longer term your small investment will grow exponentially, says Myron Knodel, a financial-planning expert with Investors Group.

"The key is to get your financial snowball rolling as soon as possible," Knodel says. "The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

**"The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."**
**MYRON KNODEL, INVESTORS GROUP**

Here is a simple example of the power of compounding:

- You invest $10,000 at 10 per cent, and in a year you have earned $1,000 in interest.
- You add that to the original investment for a new total of $11,000, and the next year that new total earns $1,100 in interest at the same rate.
- If there was no immediate tax on the interest, you now have a total of $12,100 invested at 10 per cent.

Knodel says a professional adviser can help you devise a plan to take advantage of the power of compounding.

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# Online investing sites still user-unfriendly

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

Industry reports estimate that online investing is alive and thriving in Canada, involving about $200 billion in assets and with companies continuing to add new products and services to their sites.

However, recent studies of the Canadian online banking and brokerage industries indicate the customer online experience leaves a lot to be desired, in spite of efforts by firms to improve the quantity and quality of their tools and resources.

Complaints about the sites centre on their lack of visual appeal, sophisticated design and support resources once customers enter the transactional areas.

"From year to year, the overall online experience remains the same at the majority of firms as new industry products emerge and are introduced into current outdated sites," says Glenn Lacoste, president of Surviscor, a firm that analyzes and ranks Canadian online services. "Companies continue to introduce new things but they are not changing the dynamics of the site to make them more user-friendly.

"Adding functionality simply increases the size of the pile," Lacoste adds. "Redesigning the sites to improve access and use of information is a must."

But some online brokerages are making an effort to provide tools that help customers manage their portfolios. A recent survey by RBC found the majority of Canadian self-directed investors are using their online brokerage account for long-term investment such as saving for retirement or child's education. Only 11 per cent reported using their online accounts for short-term profit.

As well, the poll found that the more diversified a portfolio, the likelier investors are to say it has performed well. In spite of that, however, only 19 per cent of online investors believe their portfolios are well diversified.

"The greatest demand is for portfolio-management tools that help investors build and monitor their long-term investment strategies," says Jason Storsley, president and CEO of RBC Direct Investing.

To that end, RBC has introduced tools that, among other things, help investors define their goals and evaluate their rate of return.

Last year, Canadian online brokerages added a number of improved features and products to their sites, such as security and privacy measures, expanded modelling tools to include equity and ETF portfolios and the introduction of practice accounts by RBC and Scotiabank that allow users to rehearse with play money before trading with the real thing.

"We hear so many things about the industry flying in terms of new functionality and features, but is it?" Lacoste asks. "We don't think so. The landscape is so competitive right now that any new feature a firm can offer is only a differentiator for a short period of time. Better designed sites should be the differentiators, along with price." NEWS CANADA

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# Your MBA: How to fund tuition

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KRISTEN LIPSCOMBE
FOR METRO CANADA

If you want to dot the 'i' and cross the 't' in your expertise (or, in other words, give your job skills a big boost), earning a Masters of Business Administration degree may be the career move you need.

"If you think of a person in terms of a 't,' and the vertical part of the 't' is their expertise, whether they're an engineer, whether they're a teacher ... what the MBA does is put the horizontal cap on it," Jim Dewald, associate dean of graduate programs at the University of Calgary's Haskayne School of Business, told Metro Canada.

Dewald said an MBA "gives people general management skills, so they understand how to motivate people and teams, how to recruit and train top employees ... (and) still be effective as an engineer or as a teacher."

But that extra piece of paper on your office wall — and the horizontal cap on the 't' in your expertise — comes at a cost.

**"We call it good value for money."**
JOAN WHITE, ASSOCIATE DEAN, UNIVERSITY OF ALBERTA

So how does an aspiring MBA student pay the $30,000 tuition bill at the University of Calgary?

Dewald said the business school hands out about $300,000 of entrance scholarships annually, based on academic performance, including the Graduate Management Admission Test.

Additionally, while the MBA program is targeted to students with varying undergraduate degrees, anyone with a bachelor of commerce degree "will likely get exemptions" from certain courses, he said.

Joan White, associate dean of MBA programs at the University of Alberta School of Business in Edmonton, said donor funding for scholarships amounted to about $240,000 this year.

There are also $300,000 in bursaries awarded annually, mostly to international students, and $150,000 worth of entrance scholarships.

Government student loan programs also recognize "that MBA programs are more expensive, so their criteria has been adjusted," White said.

That funding diversity goes a long way toward helping MBA students at the University of Alberta cover the $25,000 program cost, and toward reaching their job-boosting goals.

"We call it good value for money," she said.

ISTOCK

An MBA caps off your other training and experience.

## Better: Get your boss to pay

So, you want work to help pay for your MBA?

Joan White, associate dean of MBA programs at the University of Alberta School of Business in Edmonton, said it's actually not uncommon for employers to partially, and sometimes fully, support their employees financially.

She suggests pitching the idea of applying for either a full-time or part-time MBA program during performance evaluations.

"If you're with a good organization, and you have good supervisors, then they are going to recognize when it's time for an individual to gain more education."

Jim Dewald, associate dean of graduate programs at the University of Calgary's Haskayne School of Business, said different corporations have different policies on sponsoring employees.

"They do have some hurdles," he said.

"They have to present a business case usually, they have to be at a certain level in the organization (and) it has to fit with their overall targeted growth."

Ultimately, it's a business decision that can benefit employee and employer alike.

"As that person grows in the organization, they can feed a lot of their learning back into making the organization a better place," he said.

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## Graduate comments

**What has your MBA done for you?**

**Daniel Kickham**
32, UNIVERSITY OF ALBERTA SCHOOL OF BUSINESS 2008, MANAGER, CIBC COMMERCIAL BANKING, VANCOUVER
"The (University of) Alberta MBA allowed me to explore three different finance careers in Toronto, through a CIBA rotation program, after which I was able to choose the career path that best suited me."

**Robert Leeds**
31, HASKAYNE SCHOOL OF BUSINESS 2010, BUSINESS DEVELOPMENT PROFESSIONAL, FIBERBUILT MANUFACTURING, CALGARY.
"My MBA has taught me to think strategically, by offering solutions instead of just answers. Simply put, I can now see the forest amongst the trees"

**Chuck Warnica**
30, HASKAYNE SCHOOL OF BUSINESS 2010, FINANCE MANAGER, FAME BIOREFINERY, CALGARY.
"My MBA gave me a much better perspective on what makes a company run and on what factors lead to a company succeeding or failing ... Being enrolled as an MBA student also pushed me to develop my communication skills and helped to develop my teamwork and leadership skills through a focus on group projects."

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**RSVP** to Micheline Campanaro
micheline.campanaro@haskayne.ucalgary.ca
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*Class of 2009

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4 sports

**Flames preview**

**Flames at Predators**
**6 p.m.**
**TV: Sportsnet**
**Radio: FAN 960**

A four-game winning streak has put the Flames (24-21-6) within reach of a playoff spot after a terrible first half that saw them plunge to the Western Conference basement.

The Predators (27-17-6) have the most road wins in the Western Conference with 16 but they will play 21 of their final 32 regular-season games on home ice. Shea Weber leads the Preds with 30 points.

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# Lone Star state of mind

- Packers, Steelers embrace Texas trappings as they land in Dallas
- Green Bay fans show up in bigger numbers than Pittsburgh supporters

TOM PENNINGTON/GETTY IMAGES

▶ Hines Ward of the Pittsburgh Steelers talks with media yesterday at the Omni Fort Worth Hotel.

Video cameras and cowboy hats were in style as the Pittsburgh Steelers and Green Bay Packers arrived yesterday at the Super Bowl.

With dozens of fans chanting "Go Pack Go" as the players walked off team buses, the Packers witnessed Super Bowl frenzy for the first time in 13 years. Many of the players carried video cameras or aimed their cellphones at the crowd to take pictures before heading to news conferences.

A few of them wore cowboy hats, but none went as far as Steelers veteran receiver Hines Ward. He took the True Grit route, decked out in black cowboy hat, black shirt, belt buckle and jeans.

Steelers quarterback Ben Roethlisberger held his cellphone high, taking photos of the six-deep pack of reporters at his podium.

"Just taking it in stride, enjoying this opportunity regardless of what comes or how it comes," Roethlisberger said. "Take it all in."

Taking it all in were the big guys who block for him. They paid tribute to tackle Flozell Adams, who spent a dozen seasons as a Dallas Cowboy before joining this Pittsburgh team, by wearing his No. 76 Michigan State shirt as they deplaned.

**"I'm in Dallas, Texas. I wanted to put on my whole cowboy outfit and enjoy it."**
**HINES WARD**

There were plenty of fans in black and gold outside the Steelers' hotel, some carrying the obligatory Terrible Towels. But they were far outnumbered at the Packers' hotel in Irving a few hours later when the NFC champions pulled in.

Maybe that has something to do with Pittsburgh making its third Super Bowl appearance in six years. Not that the players are blasé about it.

"It's always exciting for the opportunity to close up the season by playing in the Super Bowl," Roethlisberger said. "I don't think you ever get tired of this, so take as much video and pictures as you can." **THE ASSOCIATED PRESS**

# Raonic gets big bump in rankings

**5 The top five remained the same in the rankings with Rafael Nadal at No. 1, followed by Roger Federer, Australian Open winner Novak Djokovic, Robin Soderling and Andy Murray. David Ferrer improved one spot to No. 6.**

JOHN DONEGAN/THE ASSOCIATED PRESS

▶ Milos Raonic

Canadian Milos Raonic, one of the major stories of the Australian Open, has rocketed 58 places to No. 94 in the ATP rankings released yesterday.

The 20-year-old from Thornhill, Ont., made it to the fourth round in Melbourne before losing 4-6, 6-2, 6-3, 6-4 to seventh-seeded David Ferrer of Spain.

The six-foot-five Canadian with the booming serve downed Bjorn Phau in the first round, surprised No. 22 Michael Llodra in the second round and stunned No. 10 Mikhail Youzhny in the third round.

Vancouver's Rebecca Marino cracked the WTA's top 100, jumping 20 places to No. 84. **THE CANADIAN PRESS**

# All-star ratings hit peak of 3.35M

The new NHL all-star game format was a ratings boon for CBC.

An average audience of 2.389-million viewers tuned in Sunday as Team Lidstrom defeated Team Staal 11-10, the public broadcaster said in a release yesterday.

Viewership of the showcase game in Raleigh, N.C., peaked at 3.35 million late in the third period with Team Staal pressing for the tie.

Sunday's average ratings for the all-star game were the network's best since 1999, when it drew 1.67-million viewers. CBC drew an average of 1.527-million viewers for the 2009 all-star game in Montreal. There was no all-star game last year because of the Vancouver Olympics.

The introduction of a new measuring system in September 2009 has seen sports TV ratings skyrocket.

This year's all-star game featured a fantasy draft instead of the stale conference-versus-conference format.

The teams were picked by Detroit Red Wings captain Nicklas Lidstrom and Carolina Hurricanes captain Eric Staal.

Meanwhile, CBC said Saturday night's skills competition drew an average audience of 2.446-million viewers. The previous high again came in 2009, when 1.371-million viewers tuned in.

Friday night's fantasy draft averaged 1.5-million viewers on TSN. **THE CANADIAN PRESS**

# Chelsea pays record sum for Torres

Fernando Torres became the third most expensive player in football history when he joined Chelsea for a reported 50-million pounds ($80.1 million) from Liverpool yesterday.

The Spain striker signed a 5½-year contract at Chelsea in a move described by Liverpool as a British record.

The fee is only bettered by Real Madrid's purchases of Portugal forward Cristiano Ronaldo and Brazil playmaker Kaka in 2009. **THE ASSOCIATED PRESS**

# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Philadelphia | 50 | 33 | 12 | 2 | 3 | 174 | 130 | 71 | 16-7-0-2 | 17-5-2-1 | 8-2-0-0 | W2 |
| d-Tampa Bay | 51 | 31 | 15 | 3 | 2 | 154 | 154 | 67 | 16-4-1-1 | 15-11-2-1 | 7-3-0-0 | W5 |
| d-Boston | 50 | 28 | 15 | 2 | 5 | 152 | 112 | 63 | 13-9-1-2 | 15-6-1-3 | 7-3-0-0 | W1 |
| Pittsburgh | 50 | 31 | 15 | 2 | 2 | 154 | 114 | 66 | 17-9-1-0 | 14-6-1-2 | 6-3-0-1 | W2 |
| Washington | 51 | 27 | 15 | 5 | 4 | 140 | 129 | 63 | 16-5-2-4 | 11-10-3-0 | 4-3-2-1 | L2 |
| NY Rangers | 52 | 29 | 20 | 2 | 1 | 148 | 126 | 61 | 12-11-1-1 | 17-9-1-0 | 5-5-0-0 | L1 |
| Montreal | 50 | 27 | 18 | 4 | 1 | 130 | 123 | 59 | 16-6-3-1 | 11-12-1-0 | 6-2-1-1 | L2 |
| Atlanta | 52 | 24 | 19 | 3 | 6 | 152 | 166 | 57 | 12-9-1-4 | 12-10-2-2 | 3-4-1-2 | W1 |
| Carolina | 50 | 25 | 19 | 2 | 4 | 153 | 155 | 56 | 13-8-1-1 | 12-11-1-3 | 6-4-0-0 | W2 |
| Buffalo | 49 | 23 | 21 | 5 | 0 | 137 | 144 | 51 | 11-12-1-0 | 12-9-4-0 | 7-3-0-0 | W2 |
| Florida | 49 | 22 | 22 | 2 | 3 | 131 | 131 | 49 | 11-8-2-3 | 11-14-0-0 | 4-3-1-2 | L1 |
| Toronto | 49 | 19 | 25 | 2 | 3 | 124 | 153 | 43 | 10-11-2-2 | 9-14-0-1 | 4-5-0-1 | L3 |
| Ottawa | 50 | 17 | 25 | 5 | 3 | 108 | 160 | 42 | 9-14-2-2 | 8-11-3-1 | 1-6-1-2 | L6 |
| NY Islanders | 49 | 15 | 27 | 3 | 4 | 119 | 162 | 37 | 8-12-1-3 | 7-15-2-1 | 2-7-0-1 | L3 |
| New Jersey | 49 | 16 | 30 | 2 | 1 | 101 | 144 | 35 | 9-13-1-1 | 7-17-0-1 | 6-3-1-0 | L1 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Vancouver | 50 | 31 | 10 | 4 | 5 | 165 | 121 | 71 | 17-3-1-4 | 14-7-3-1 | 4-2-1-3 | W2 |
| d-Detroit | 49 | 30 | 13 | 4 | 2 | 166 | 143 | 66 | 15-6-3-1 | 15-7-1-1 | 6-3-0-1 | W1 |
| d-Dallas | 50 | 30 | 15 | 1 | 4 | 147 | 137 | 65 | 16-6-1-3 | 14-9-0-1 | 7-2-0-1 | W1 |
| Nashville | 50 | 27 | 17 | 4 | 2 | 134 | 119 | 60 | 11-4-3-2 | 16-13-1-0 | 6-4-0-0 | L2 |
| Anaheim | 52 | 28 | 20 | 2 | 2 | 140 | 146 | 60 | 17-7-0-1 | 11-13-2-1 | 7-3-0-0 | W2 |
| Phoenix | 51 | 25 | 17 | 6 | 3 | 149 | 145 | 59 | 10-9-3-2 | 15-8-3-1 | 6-4-0-0 | W1 |
| Chicago | 50 | 26 | 20 | 2 | 2 | 157 | 139 | 56 | 16-13-0-0 | 10-7-2-2 | 6-3-0-1 | L2 |
| Colorado | 50 | 25 | 19 | 6 | 0 | 161 | 165 | 56 | 14-11-3-0 | 11-8-3-0 | 4-5-1-0 | L1 |
| San Jose | 50 | 25 | 19 | 4 | 2 | 139 | 138 | 56 | 12-10-2-1 | 13-9-2-1 | 4-5-0-1 | L1 |
| Minnesota | 49 | 25 | 19 | 1 | 4 | 130 | 134 | 55 | 11-11-0-2 | 14-8-1-2 | 6-4-0-0 | W1 |
| Los Angeles | 50 | 27 | 22 | 1 | 0 | 143 | 124 | 55 | 17-9-1-0 | 10-13-0-0 | 5-5-0-0 | W3 |
| Calgary | 51 | 24 | 21 | 2 | 4 | 144 | 152 | 54 | 14-9-0-1 | 10-12-2-2 | 6-1-1-2 | W4 |
| Columbus | 49 | 23 | 21 | 3 | 2 | 130 | 152 | 51 | 12-11-0-1 | 11-10-3-1 | 3-5-1-1 | L1 |
| St. Louis | 49 | 22 | 20 | 3 | 4 | 130 | 146 | 51 | 15-8-1-2 | 7-12-2-2 | 2-7-1-0 | L4 |
| Edmonton | 49 | 15 | 26 | 1 | 7 | 122 | 168 | 38 | 7-13-1-3 | 8-13-1-3 | 2-7-0-1 | L1 |

**d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Tonight's games**
Florida at Toronto, 7 p.m.
Ottawa at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
Montreal at Washington, 7 p.m.
Boston at Carolina, 7 p.m.
N.Y. Islanders at Atlanta, 7 p.m.
Chicago at Columbus, 7 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Calgary at Nashville, 8 p.m.
Los Angeles at Minnesota, 8 p.m.

**Tomorrow's games**
Vancouver at Dallas, 8:30 p.m.
Phoenix at San Jose, 10 p.m.
Wednesday, Feb. 2
Detroit at Ottawa, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Florida at Montreal, 7:30 p.m.
Vancouver at Phoenix, 9 p.m.
Los Angeles at Edmonton, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Mediaviewer Wire Source: NS

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Stamkos, TB | 38 | 29 | 67 |
| Crosby, Pgh | 32 | 34 | 66 |
| D.Sedin, Vcr | 27 | 37 | 64 |
| H.Sedin, Vcr | 11 | 50 | 61 |
| St. Louis, TB | 20 | 40 | 60 |
| B.Richards, Dal | 20 | 37 | 57 |
| Zetterberg, Det | 16 | 37 | 53 |
| E.Staal, Car | 25 | 27 | 52 |
| Perry, Ana | 25 | 26 | 51 |
| Ovechkin, Wash | 19 | 32 | 51 |
| Eriksson, Dal | 17 | 32 | 49 |
| Kopitar, LA | 16 | 33 | 49 |
| Kesler, Vcr | 27 | 20 | 47 |
| Iginla, Cal | 22 | 25 | 47 |
| Giroux, Phe | 19 | 28 | 47 |
| M.Richards, Pha | 17 | 30 | 47 |
| Sharp, Chi | 26 | 20 | 46 |
| Backstrom, Wash | 12 | 34 | 46 |
| Ribeiro, Dal | 10 | 36 | 46 |
| Briere, Pha | 26 | 19 | 45 |
| Duchene, Col | 20 | 25 | 45 |
| Selanne, Ana | 15 | 30 | 45 |
| J.Carter, Pha | 23 | 21 | 44 |
| Havlat, Min | 14 | 30 | 44 |
| J.Thornton, SJ | 13 | 31 | 44 |
| Yandle, Phx | 8 | 36 | 44 |
| Nash, Clb | 23 | 20 | 43 |
| Heatley, SJ | 18 | 25 | 43 |
| P.Stastny, Col | 17 | 26 | 43 |
| M.Koivu, Minn | 14 | 29 | 43 |
| Visnovsky, Ana | 8 | 35 | 43 |
| Hejduk, Col | 15 | 27 | 42 |
| Lidstrom, Det | 11 | 31 | 42 |
| Vanek, Buf | 18 | 23 | 41 |
| Byfuglien, Atl | 16 | 25 | 41 |
| Enstrom, Atl | 8 | 33 | 41 |
| Letang, Pgh | 7 | 34 | 41 |
| Skinner, Car | 18 | 22 | 40 |
| Toews, Chi | 17 | 23 | 40 |
| Bergeron, Bos | 16 | 24 | 40 |
| Plekanec, Mtl | 16 | 24 | 40 |
| MacArthur, Tor | 15 | 25 | 40 |
| T.Ruutu, Car | 12 | 28 | 40 |
| Ryan, Ana | 22 | 17 | 39 |
| J.Williams, LA | 18 | 21 | 39 |
| Ladd, Atl | 16 | 23 | 39 |
| Datsyuk, Det | 12 | 27 | 39 |
| Dubinsky, NYR | 17 | 21 | 38 |
| Clowe, SJ | 13 | 25 | 38 |
| J.Jokinen, Car | 12 | 26 | 38 |
| Grabovski, Tor | 20 | 17 | 37 |
| Neal, Dal | 20 | 17 | 37 |
| D.Brown, LA | 17 | 20 | 37 |
| Backes, StL | 16 | 21 | 37 |
| Malkin, Pgh | 15 | 22 | 37 |
| Elias, NJ | 13 | 24 | 37 |
| Getzlaf, Ana | 13 | 24 | 37 |
| P.Kane, Chi | 13 | 24 | 37 |
| Tanguay, Cal | 12 | 25 | 37 |
| Franzen, Det | 21 | 15 | 36 |
| Marleau, SJ | 18 | 18 | 36 |
| Tavares, NYI | 18 | 18 | 36 |
| Steen, StL | 15 | 21 | 36 |
| Leino, Phx | 11 | 25 | 36 |

## NHL ALL-STAR MVPS

**(NOT AWARDED BEFORE 1962)**
**(X-GOALTENDER)**
**2011 - Patrick Sharp, Chicago**
**2010** - Game Not Held (Olympics)
**2009** - Alex Kovalev, Montreal
**2008** - Eric Staal, Carolina
**2007** - Daniel Briere, Buffalo
**2006** - Game Not Held (Olympics)
**2005** - Game Not Held (lockout)
**2004** - Joe Sakic, Colorado
**2003** - Dany Heatley, Atlanta
**2002** - Eric Daze, Chicago
**2001** - Bill Guerin, Boston

# AHL

## EASTERN CONFERENCE

### ATLANTIC DIVISION

| | GP | W | L | OTL | SOL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Manchester | 50 | 30 | 16 | 1 | 3 | 161 | 137 | 64 |
| Portland | 48 | 29 | 14 | 4 | 1 | 166 | 143 | 63 |
| Worcester | 48 | 22 | 18 | 2 | 6 | 126 | 145 | 52 |
| Connecticut | 49 | 22 | 20 | 2 | 5 | 133 | 135 | 51 |
| Providence | 47 | 22 | 21 | 3 | 1 | 118 | 146 | 48 |
| Springfield | 48 | 22 | 22 | 1 | 3 | 145 | 156 | 48 |
| Bridgeport | 48 | 19 | 23 | 3 | 3 | 133 | 154 | 44 |

### EAST DIVISION

| | GP | W | L | OTL | SOL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| W-B/Scranton | 48 | 36 | 12 | 0 | 0 | 163 | 117 | 72 |
| Hershey | 46 | 29 | 14 | 1 | 2 | 158 | 107 | 61 |
| Norfolk | 48 | 24 | 14 | 7 | 3 | 164 | 134 | 58 |
| Charlotte | 49 | 26 | 18 | 1 | 4 | 168 | 156 | 57 |
| Binghamton | 49 | 24 | 20 | 2 | 3 | 156 | 137 | 53 |
| Albany | 46 | 18 | 25 | 0 | 3 | 118 | 164 | 39 |
| Syracuse | 48 | 16 | 26 | 2 | 4 | 114 | 159 | 38 |
| Adirondack | 49 | 15 | 29 | 2 | 3 | 113 | 171 | 35 |

## WESTERN CONFERENCE

### NORTH DIVISION

| | GP | W | L | OTL | SOL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Hamilton | 47 | 27 | 15 | 1 | 4 | 140 | 112 | 59 |
| Manitoba | 46 | 26 | 14 | 1 | 5 | 134 | 112 | 58 |
| Lake Erie | 52 | 24 | 21 | 3 | 4 | 135 | 139 | 55 |
| Toronto | 50 | 23 | 20 | 0 | 7 | 144 | 145 | 53 |
| Abbotsford | 49 | 22 | 20 | 2 | 5 | 111 | 137 | 51 |
| Grand Rapids | 49 | 22 | 21 | 1 | 5 | 137 | 151 | 50 |
| Rochester | 49 | 21 | 23 | 3 | 2 | 136 | 159 | 47 |

### WEST DIVISION

| | GP | W | L | OTL | SOL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Milwaukee | 47 | 26 | 13 | 2 | 6 | 128 | 116 | 60 |
| San Antonio | 49 | 29 | 18 | 2 | 0 | 157 | 139 | 60 |
| Houston | 51 | 28 | 19 | 1 | 3 | 135 | 137 | 60 |
| Peoria | 48 | 28 | 17 | 2 | 1 | 132 | 122 | 59 |
| Oklahoma City | 50 | 26 | 17 | 2 | 5 | 165 | 145 | 59 |
| Texas | 47 | 26 | 15 | 3 | 3 | 132 | 124 | 58 |
| Chicago | 52 | 25 | 22 | 2 | 3 | 165 | 172 | 55 |
| Rockford | 45 | 19 | 20 | 2 | 4 | 116 | 132 | 44 |

Note: Two points awarded for a win, one for an overtime or shootout loss.

## ALL-STAR WEEKEND

**Last night's result**
**All-Star Game**
East 11 West 8
**Sunday's result**
**At Hershey, Pa.**
**Skills Competition**
East 19 West 7
**Thursday's games**
Norfolk at Charlotte, 7 p.m.
Peoria at Oklahoma City, 8:05 p.m.

# LACROSSE

## NLL

### EAST DIVISION

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| **Toronto** | **5** | **4** | **1** | **.800** | **62** | **50** | **—** |
| Philadelphia | 5 | 3 | 2 | .600 | 46 | 45 | 1 |
| Buffalo | 4 | 2 | 2 | .500 | 38 | 38 | 1½ |
| Rochester | 4 | 2 | 2 | .500 | 38 | 48 | 1½ |
| Boston | 6 | 3 | 3 | .500 | 55 | 46 | 1½ |

### WEST DIVISION

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| Minnesota | 4 | 3 | 1 | .750 | 46 | 37 | — |
| Calgary | 6 | 4 | 2 | .667 | 71 | 69 | — |
| Washington | 5 | 2 | 3 | .400 | 59 | 64 | 1½ |
| Colorado | 4 | 1 | 3 | .250 | 39 | 41 | 2 |
| Edmonton | 5 | 0 | 5 | .000 | 44 | 59 | 3½ |

Week Four
**Saturday's results**
Calgary 12 Edmonton 11 (OT)
Toronto 8 Buffalo 5
Boston 16 Rochester 7
Minnesota 11 Washington 10 (OT)
Philadelphia 12 Colorado 11
**Friday's results**
Calgary 15 Edmonton 11
Philadelphia 11 Boston 5
**WEEK FIVE**
**Friday, Feb. 4**
Minnesota at Buffalo, 7:30 p.m.
**Saturday, Feb. 5**
Philadelphia at Rochester, 2 p.m.
Toronto at Boston, 7:30 p.m.
Washington at Colorado, 9 p.m.

# GOLF

## WORLD RANKING

**Through Jan. 30**

| | | |
|---|---|---|
| 1. Lee Westwood | Eng | 8.75 |
| 2. Martin Kaymer | Ger | 8.14 |
| 3. Tiger Woods | USA | 6.97 |
| 4. Phil Mickelson | USA | 6.49 |
| 5. Graeme McDowell | NIr | 6.46 |
| 6. Paul Casey | Eng | 6.38 |
| 7. Steve Stricker | USA | 6.03 |
| 8. Rory McIlroy | NIr | 5.94 |
| 9. Jim Furyk | USA | 5.53 |
| 10. Luke Donald | Eng | 5.44 |
| 11. Ernie Els | SAf | 5.23 |
| 12. Ian Poulter | Eng | 5.08 |
| 13. Matt Kuchar | USA | 4.86 |
| 14. Dustin Johnson | USA | 4.69 |
| 15. Retief Goosen | SAf | 4.50 |
| 16. Robert Karlsson | Swe | 4.43 |
| 17. Francesco Molinari | Ita | 4.42 |
| 18. Bubba Watson | USA | 4.14 |
| 19. Louis Oosthuizen | SAf | 4.00 |
| 20. Edoardo Molinari | Ita | 3.86 |
| 21. Hunter Mahan | USA | 3.82 |
| 22. Tim Clark | SAf | 3.79 |
| 23. Miguel A Jimenez | Esp | 3.78 |
| 24. Charl Schwartzel | SAf | 3.66 |
| 25. Adam Scott | Aus | 3.48 |
| 26. Robert Allenby | Aus | 3.41 |
| 27. Geoff Ogilvy | Aus | 3.40 |
| 28. Zach Johnson | USA | 3.36 |
| 29. Anthony Kim | USA | 3.33 |
| 30. Rickie Fowler | USA | 3.31 |
| 31. Justin Rose | Eng | 3.29 |
| 32. Padraig Harrington | Irl | 3.26 |
| 33. Kim Kyung-Tae | Kor | 3.26 |
| 34. Peter Hanson | Swe | 3.19 |
| **Also** | | |
| **139. Stephen Ames** | **Can** | **1.18** |
| **196. Mike Weir** | **Can** | **0.85** |
| **206. Graham Delaet** | **Can** | **0.81** |

# CURLING

## CANADIAN JUNIOR CHAMPIONSHIP

**MEN**
**Monday Results**
**Sixth Draw**
**At North Hill C.C.**
New Brunswick 6 Ontario 3
Northern Ontario 8 P.E.I. 6
Northwest Territories 11 B.C. 4
**At Glencoe C.C.**
Newfoundland & Labrador 7 Quebec 3
Nova Scotia 8 Manitoba 7 (extra end)
Yukon 10 Alberta 1
**Seventh Draw**
**At North Hill C.C., 7:30 p.m.**
**Seventh Draw**
**At North Hill C.C.**
Northwest Territories 11 Northern Ontario 6
Nova Scotia 8 Quebec 6
Saskatchewan 8 Manitoba 7 (extra end)
**At Glencoe C.C.**
New Brunswick 7 B.C. 3
Ontario 6 Alberta 4
P.E.I. 8 Newfoundland & Labrador 4
**WOMEN**
**Yesterday's results**
**Sixth Draw**
**At North Hill C.C.**
B.C. 11 Northwest Territories 2
New Brunswick 12 Ontario 5
P.E.I. 10 Northern Ontario 6
**At Glencoe C.C.**
Alberta 6 Yukon 4
Manitoba 10 Nova Scotia 4
Quebec 10 Newfoundland & Labrador 4
**Seventh Draw**
**Seventh Draw**
**At North Hill C.C.**
Manitoba 7 Saskatchewan 6 (extra end)
Northern Ontario 8 Northwest Territories 5
Nova Scotia 8 Quebec 7 (extra end)
**At Glencoe C.C.**
Alberta 11 Ontario 7
New Brunswick 13 B.C. 7
Newfoundland & Labrador 8 P.E.I. 4

# SOCCER

## SPAIN

### LA LIGA

**Yesterday's results**
Racing Santander 1 Valencia 1

# NBA

## EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Boston | 36 | 11 | .766 | — |
| d-Miami | 34 | 14 | .708 | 2½ |
| d-Chicago | 33 | 14 | .702 | 3 |
| Orlando | 31 | 18 | .633 | 6 |
| Atlanta | 30 | 18 | .625 | 6½ |
| New York | 25 | 22 | .532 | 11 |
| Philadelphia | 21 | 26 | .447 | 15 |
| Charlotte | 20 | 27 | .426 | 16 |
| Milwaukee | 19 | 26 | .422 | 16 |
| Indiana | 18 | 27 | .400 | 17 |
| Detroit | 17 | 31 | .354 | 19½ |
| New Jersey | 15 | 34 | .306 | 22 |
| Washington | 13 | 34 | .277 | 23 |
| Toronto | 13 | 36 | .265 | 24 |
| Cleveland | 8 | 40 | .167 | 28½ |

## WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-San Antonio | 40 | 7 | .851 | — |
| d-L.A. Lakers | 33 | 15 | .688 | 7½ |
| Dallas | 32 | 15 | .681 | 8 |
| d-Oklahoma City | 30 | 17 | .638 | 10 |
| New Orleans | 31 | 18 | .633 | 10 |
| Utah | 29 | 20 | .592 | 12 |
| Denver | 28 | 20 | .583 | 12½ |
| Portland | 25 | 22 | .532 | 15 |
| Memphis | 25 | 24 | .510 | 16 |
| Phoenix | 22 | 24 | .478 | 17½ |
| Houston | 22 | 27 | .449 | 19 |
| Golden State | 20 | 27 | .426 | 20 |
| L.A. Clippers | 18 | 28 | .391 | 21½ |
| Sacramento | 12 | 33 | .267 | 27 |
| Minnesota | 11 | 36 | .234 | 29 |

**d-division leader**
**Last night's results**
Indiana 104 Toronto 93
New Jersey 115 Denver 99
Miami 117 Cleveland 90
Memphis 100 Orlando 97
Dallas 102 Washington 92
Utah 83 Charlotte 78
Milwaukee at L.A. Clippers
**Sunday's results**
Miami 108 Oklahoma City 103
Boston 109 L.A. Lakers 96
Orlando 103 Cleveland 87
Philadelphia 110 Denver 99
New York 124 Detroit 106
Phoenix 104 New Orleans 102
Golden State 96 Utah 81
**Tonight's games**
**(All times Eastern)**
Washington at New Orleans, 8 p.m.
San Antonio at Portland, 10 p.m.
Boston at Sacramento, 10 p.m.
Houston at L.A. Lakers, 10:30 p.m.

## PACERS 104, RAPTORS 93

**TORONTO (93)**
Weems 6-13 0-0 12, A.Johnson 8-14 2-5 18, Bargnani 3-15 6-8 12, Calderon 6-12 0-0 13, DeRozan 3-15 4-4 10, Davis 6-9 1-1 13, Wright 2-7 0-0 4, Bayless 4-7 3-3 11. Totals 38-92 16-21 93.
**INDIANA (104)**
Granger 3-15 4-4 11, McRoberts 2-4 0-0 4, Hibbert 9-19 6-9 24, Collison 7-9 0-0 16, Dunleavy 2-6 2-2 8, Hansbrough 6-13 2-2 14, Foster 0-0 0-0 0, George 4-8 7-8 16, D.Jones 1-3 0-0 3, Price 2-4 3-3 8. Totals 36-81 24-28 104.

| | | | | | |
|---|---|---|---|---|---|
| Toronto | 21 | 24 | 25 | 23 | 93 |
| Indiana | 32 | 19 | 24 | 29 | 104 |

3-Point Goals—Toronto 1-6 (Calderon 1-2, Bayless 0-1, Wright 0-1, Bargnani 0-2), Indiana 8-20 (Collison 2-3, Dunleavy 2-4, D.Jones 1-2, Price 1-2, George 1-3, Granger 1-6). Fouled Out—None. Rebounds—Toronto 45 (A.Johnson 8), Indiana 63 (Hibbert 11). Assists—Toronto 16 (Calderon 7), Indiana 19 (Collison 6). Total Fouls—Toronto 21, Indiana 15. Technicals—Indiana defensive three second.
A—10,258 (18,165) at Indianapolis.

## LEADERS

**SCORING AVERAGE**

| | G | FG | FT | PTS | AVG |
|---|---|---|---|---|---|
| Durant, OKC | 43 | 409 | 348 | 1244 | 28.9 |
| Stoudemire, NYK | 47 | 460 | 302 | 1231 | 26.2 |
| James, MIA | 45 | 401 | 309 | 1173 | 26.1 |
| Wade, MIA | 43 | 384 | 291 | 1096 | 25.5 |
| Bryant, LAL | 48 | 432 | 296 | 1223 | 25.5 |
| Ellis, GOL | 47 | 442 | 222 | 1182 | 25.1 |
| Rose, CHI | 46 | 409 | 233 | 1124 | 24.4 |
| Gordon, LAC | 41 | 333 | 242 | 988 | 24.1 |
| Anthony, DEN | 40 | 328 | 260 | 943 | 23.6 |
| Nowitzki, DAL | 37 | 311 | 192 | 852 | 23.0 |
| Martin, HOU | 47 | 313 | 353 | 1081 | 23.0 |
| Westbrook, OKC | 47 | 360 | 333 | 1064 | 22.6 |
| Griffin, LAC | 46 | 395 | 244 | 1040 | 22.6 |
| Howard, ORL | 46 | 360 | 308 | 1028 | 22.3 |
| Williams, UTA | 46 | 325 | 277 | 1009 | 21.9 |
| Love, MIN | 47 | 339 | 273 | 1016 | 21.6 |
| Bargnani, TOR | 42 | 342 | 164 | 897 | 21.4 |
| Granger, IND | 43 | 313 | 192 | 912 | 21.2 |
| Aldridge, POR | 47 | 394 | 197 | 988 | 21.0 |
| Beasley, MIN | 43 | 352 | 132 | 874 | 20.3 |
| Randolph, MEM | 44 | 357 | 171 | 888 | 20.2 |
| Gay, MEM | 46 | 355 | 162 | 925 | 20.1 |
| Lopez, NJN | 48 | 343 | 249 | 935 | 19.5 |
| Scola, HOU | 49 | 393 | 161 | 947 | 19.3 |
| Pierce, BOS | 47 | 314 | 203 | 902 | 19.2 |
| West, NOR | 48 | 368 | 175 | 913 | 19.0 |
| Ginobili, SAN | 47 | 269 | 241 | 884 | 18.8 |
| Bosh, MIA | 43 | 304 | 190 | 803 | 18.7 |
| Gasol, LAL | 48 | 338 | 201 | 877 | 18.3 |
| Jackson, CHA | 44 | 285 | 150 | 803 | 18.3 |
| Evans, SAC | 40 | 273 | 131 | 710 | 17.8 |
| Deng, CHI | 47 | 305 | 151 | 829 | 17.6 |
| Parker, SAN | 47 | 333 | 143 | 822 | 17.5 |
| Felton, NYK | 47 | 295 | 143 | 810 | 17.2 |
| Allen, BOS | 47 | 295 | 114 | 808 | 17.2 |

**Not including last night's games**

# NFL

## SUPER BOWL XLV

**Sunday, Feb. 6**
**At Arlington, Texas**
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

# TENNIS

## ATP TOUR PBZ ZAGREB INDOORS

**At Zagreb, Croatia**
**Singles**
**First Round**
Florian Mayer (5), Germany, def. Franco Skugor, Croatia, 3-6, 6-3, 7-6 (6).
Ivan Dodig, Croatia, def. Marcel Granollers (6), Spain, 6-3, 6-2.
Michael Berrer (8), Germany, def. Nikola Mektic, Croatia, 7-5, 6-1.
Lukas Lacko, Slovakia, def. Marsel Ilhan, Turkey, 4-6, 6-4, 7-5.
**Doubles**
**First Round**
Simon Aspelin, Sweden, and Julian Knowle (3), Austria, def. Igor Kunitsyn, Russia, and Ivan Ljubicic, Croatia, 6-2, 6-0.
Jonathan Erlich and Andy Ram, Israel, def. Guillermo Garcia-Lopez, Spain, and Mischa Zverev, Germany, 6-3, 6-4.

## ATP SA OPEN

**At Johannesburg**
**Yesterday's results**
**Singles — First Round**
Rik de Voest, South Africa, def. Stefano Galvani, Italy, 6-3, 5-7, 7-6 (6).
Simon Greul, Germany, def. Thiago Alves, Brazil, 6-2, 7-5.
Somdev Devvarman, India, def. Raven Klaasen, South Africa, 6-4, 6-3.
**Doubles — First Round**
Karol Beck, Slovakia, and Dudi Sela, Israel, def. Dustin Brown, Germany, and Rogier Wassen, Netherlands, 6-3, 7-5.
Yen-hsun Lu, Taiwan, and Janko Tipsarevic, Serbia, def. Adrian Mannarino and Florent Serra, France, 6-3, 6-0.
Tomasz Bednarek and Michal Przysiezny, Poland, def. Johan Brunstrom, Sweden, and Ken Skupski, Britain, 7-5, 4-6, 10-8 tiebreak.

## ATP MOVISTAR OPEN

At Santiago, Chile
Singles — First Round
Thomaz Bellucci (3), Brazil, def. Filippo Volandri, Italy, 6-2, 6-2.
Juan Ignacio Chela (4), Argentina, def. Jorge Aguilar, Chile, 6-3, 7-5.
Potito Starace (5), Italy, def. Paul Capdeville, Chile, 3-6, 6-3, 6-4.
Tommy Robredo (6), Spain, def. Frederico Gil, Portugal, 2-6, 6-3, 6-4.
Igor Andreev, Russia, def. Eduardo Schwank, Argentina, 6-3, 7-6 (4).
Albert Ramos-Vinolas, Spain, def. Leonardo Mayer, Argentina, 6-4, 6-4.
Pablo Andujar, Spain, def. Peter Luczak, Australia, 6-4, 6-4.
Ricardo Mello, Brazil, def. Ruben Ramirez Hidalgo, Spain, 6-4, 6-7 (5), 7-6 (6).

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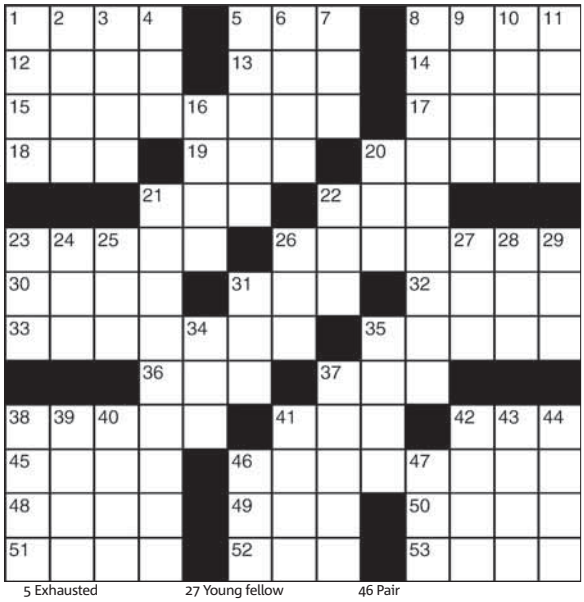
## Crossword



**Across**

1 Uncomplicated
5 Spring mo.
8 Malay prince
12 Albacore, e.g.
13 Tall tale
14 Unendingly
15 Made into a ball, as paper
17 Appear
18 Crone
19 Succor
20 Dwight's predecessor
21 Sermon subject
22 Kipling lad
23 Become established
26 Having dents, as a golf ball
30 Mosque VIP
31 Enjoyment
32 Turner of Hollywood
33 In need of ironing
35 Rushmore figure
36 Depressed
37 Foundation
38 Paint ingredient
41 Raw rock
42 Fuss
45 Settled down
46 Trod on
48 Director Preminger
49 Pale
50 Scandinavian city
51 Any day now
52 Antiquated
53 Active one

**Down**

1 Engrave
2 Atmosphere
3 Like a bug in a rug
4 Sweet potato
5 Exhausted
6 The — Piper
7 Scarlet
8 Tasted again
9 State with certainty
10 Razz
11 Group of soldiers
16 Analgesic's target
20 That guy
21 Fool
22 Family
23 Round Table address
24 Ostrich's cousin
25 Highlander's hat
26 Flop
27 Young fellow
28 Conclusion
29 24 hours
31 Not many
34 Bagel topping
35 Abound
37 Stigmatize
38 Neighbor of Cambodia
39 Choir member
40 Puente of mambo music
41 Exam format
42 As well
43 Drop a letter?
44 Smell
46 Pair
47 Pea holder

▶ Yesterday's answer

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | | | | | | 1 | 2 |
| | | 8 | 1 | | | 6 | | |
| 5 | | | 3 | | 2 | | | |
| 3 | | | | 2 | | 4 | 6 | |
| | | | | 7 | | | | |
| | 7 | 5 | | 6 | | | | 8 |
| | | | 2 | | 6 | | | 5 |
| | | 2 | | | 8 | 3 | | |
| 8 | 1 | | | | | | 9 | 4 |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 9 | 3 | 8 | 5 | 4 | 6 | 7 | 2 |
| 8 | 2 | 7 | 3 | 6 | 1 | 4 | 5 | 9 |
| 4 | 6 | 5 | 9 | 2 | 7 | 1 | 8 | 3 |
| 2 | 7 | 4 | 6 | 1 | 3 | 5 | 9 | 8 |
| 3 | 1 | 6 | 5 | 8 | 9 | 2 | 4 | 7 |
| 9 | 5 | 8 | 4 | 7 | 2 | 3 | 6 | 1 |
| 5 | 4 | 9 | 2 | 3 | 8 | 7 | 1 | 6 |
| 7 | 8 | 2 | 1 | 4 | 6 | 9 | 3 | 5 |
| 6 | 3 | 1 | 7 | 9 | 5 | 8 | 2 | 4 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Dear JE, I can't believe my dream came true and that we're finally together. I've been waiting for this day since the first time we met. I'll never forget that day and can't wait to spend the rest of our lives together. I love you...* **SARAH BELLUM**

*Happy Birthday J.C. I hope you have a birthday as amazing as you are. You truthfully complete me. Can't wait to see you!* **UR SNUGGLE BUNNY XOXOXO'S <3**

*Coral, we are so proud of you.. Youre an amazing mommy. Thank you for mahaya..* **LOVE MOM AND MARK**

*Natalee, Have I told you today how much I love you?* **SCOTT**

*Babuuu, wanted to thank you for always being so understanding and supportive of everything I do.* **TIMI TAM**

## A look at the weather

| TODAY | WEDNESDAY | THURSDAY |
|---|---|---|
| Min -22° | Min -10° | Min -4° |
| Max -6° | Max 4° | Max 7° |

**Andrew Schultz, Meteorologist**
BT BREAKFAST TELEVISION

*"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".* **WEEKDAYS 6AM**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** You may be desperate to show what you can do, but don't be so reckless that you do something silly and make a fool of yourself. Please, stick to what you know best.

**♉ Taurus April 21-May 21** Raise your sights high and believe that you can create something meaningful. Others may try to persuade you to use your talents to make serious money, but it's the sense of achievement that drives you.

**♊ Gemini May 22-June 21** You don't need to alter anything – your life is perfect just as it is. Why tamper with methods and routines that have done well for you in the past? Why interfere with what works?

**♋ Cancer June 22-July 22** Your instincts may not be as reliable as they usually are today, so think twice before making changes. You can, however, rely on friends and relatives to give you good advice.

**♌ Leo July 23-Aug.23** Someone you work with will fall out of favour today, but don't feel too sorry for him or her because if your roles were to be reversed her or she would not care about you.

**♍ Virgo Aug. 24- Sept. 22** Push your luck a bit today. By all means, believe that great things are possible. Friends, colleagues and even your boss will be jealous of your popularity. They will be more jealous that you're so modest about it.

**♎ Libra Sept. 23-Oct. 23** You must not agree to do anything that goes against your principles. You may not think much of it, but you won't be able to live with yourself when you see the consequences.

**♏ Scorpio Oct. 24-Nov. 22** No one in his or her right mind would get in the way of a Scorpio in a hurry, but a friend will do everything to block your path today. Maybe it's because he or she fears for your safety.

**♐ Sagittarius Nov. 23-Dec. 21** People may want to make you feel bad by pointing out your failures, but no one is perfect. The fact that you got something wrong is evidence that you took a chance and made an effort.

**♑ Capricorn Dec. 22-Jan. 20** You can expect some kind of windfall over the next few days, but it may not be of a purely financial nature. You will be as lucky in love.

**♒ Aquarius Jan. 21-Feb. 18** The more you want to do things one way, the more friends and relatives want to do things another way. Just this once, let them win. You won't lose by allowing them to call the shots for a change.

**♓ Pisces Feb. 19-March 20** You may be tempted to get angry with someone who has let you down but what's the point? If you think about it for a moment, you will realize you didn't lose anything of value. Let it go. **SALLY BROMPTON**

## Caption contest

HIRO KOMAE/ THE ASSOCIATED PRESS

WIN!

### You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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CUBA | Santa Clara
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**Occidental Grand Punta Cana** ❀❀❀❀
Junior suite • Feb. 8 - 22
$999 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
**Barceló Bavaro Palace Deluxe** ❀❀❀❀½
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$889 +Taxes & other fees: $246

MEXICO | Cancun/Riviera Maya
**Gran Bahia Principe Tulum** ❀❀❀❀½ PRIVILEGES
Standard rm. • Apr. 17
$1119 +Taxes & other fees: $246

MEXICO | Puerto Vallarta/Riviera Nayarit
**Hacienda Hotel, Spa & Beach Club** ❀❀❀
Standard rm. • Mar. 5 - 19
$969 +Taxes & other fees: $144

MEXICO | Ixtapa/Zihuatanejo
**Krystal Ixtapa** ❀❀❀❀
Deluxe rm. • Feb. 12
$999 +Taxes & other fees: $255

MEXICO | Los Cabos
**Royal Solaris Los Cabos Resort All Inclusive & Spa** ❀❀❀❀
Deluxe rm. • Feb. 26 & Mar. 12
$1169 +Taxes & other fees: $256

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**Sunset Jamaica Grande Resort & Spa** ❀❀❀❀ PRIVILEGES
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JAMAICA
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3 nts.

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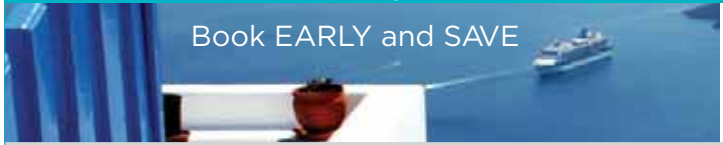
## INTERNATIONAL CRUISES | AIR & CRUISE • 1 WEEK

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